

long beach

# RECREATION

C O N N E C T I O N



selected **best in the nation**

December 2017–February 2018 Class Registration Begins November 6



Long Beach Parks, Recreation and Marine

# WINTER 2018



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## New Classes Starting This Winter

Long Beach Parks, Recreation and Marine in partnership with contract instructors is offering great new classes this winter! Browse classes available for the entire family to learn a new skill, express your creativity, stay fit and find new ways to have fun.

### PRE-SCHOOL – Pages 3-8

**Storybook Dance** - Creative movements and more for ages 3-5

**Tot Sign Language** - Learn ASL signs, and songs and games to sign and sing with your toddler!

**Parent & Me Pre-K Readiness** - Fine motor skills, phonics, math, and games. Ages 2Yrs 4Mos-3Yrs

**Readwrite Kinder Prep** - Get ready for kindergarten, academically and socially. 4Yrs - 5Yrs 6Mos

### SEASONAL, SONGS, MUSIC, MOVEMENT AND FUN!

**Babies Love Christmas Music** - Age 4 mos-1 yr 2 mos

**Toddlers Love Christmas Music** - Age 1-2 yrs

**Kids Love Christmas Music!** - Age 1-4 yrs

### TEENS – Pages 16-17

**Guitar** - Basic chords and strumming

**Gymnastics** - Beginning, Intermediate and Advanced

**Horse Fun** - Safety, riding, grooming and leading.

**Ice Hockey** - Learn beginning skills

**Indoor Volleyball** - Learn rules and improve your skills

**Mixed Martial Arts** - White Belt

**Mixed Martial Arts** - Upper Belt

**Shotokan Karate**

**Traditional Karate**

### YOUTH – Pages 9-14

**B-Ballers Hoop School for Girls** - Develop teamwork, confidence, and fundamental basketball skills

**Horse Fun** - Safety, riding, grooming and leading.

### ADULTS – Pages 18-28

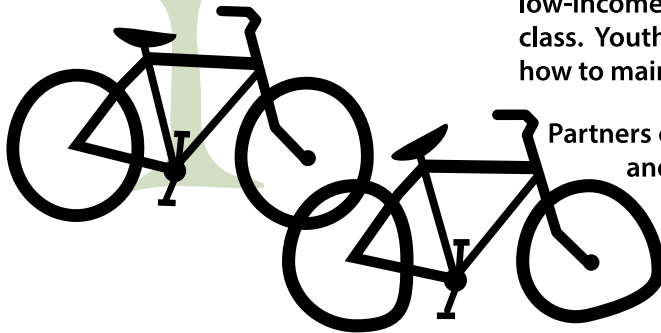
**Sewing Machine Boot Camp** - Learn how to use and maintain your machine.

**POP Band 101 For Guitar & Bass** - Jam with fellow guitar and bass players.

See page 47 for easy registration options. Follow us on Facebook at [www.facebook.com/LongBeachParks](http://www.facebook.com/LongBeachParks) and on Twitter at [twitter.com/LongBeachParks](http://twitter.com/LongBeachParks)

## In the Spirit Of Giving, Donate A New or Used Bike For Low Income Youth

Donate  
new  
or used



Thanks to the Long Beach Department of Public Works, Waste Management and Pedal Movement, Partners of Parks is proud to announce a new program.

Partners of Parks will accept donations of new and used bicycles, repaired by Pedal Movement and recycled to low-income youth who participate in a bicycling training class. Youths will learn about bicycling law, safety, and how to maintain their bikes.

Partners of Parks needs your support by donating new and used bicycles. To donate a bicycle, call Pedal Movement at 562-283-4441 or send an email to [info@pedal-movement.com](mailto:info@pedal-movement.com).

Have a great holiday season.



**Parks, Recreation and Marine**  
thanks the following  
people for their support:

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Long Beach Parks, Recreation and Marine  
prohibits discrimination on the basis of race,  
color, national origin, age and disability  
in all of its programs.

**CITY OF LONG BEACH**

**Department of Parks, Recreation & Marine**

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**About the Cover: Long Beach Parks, Recreation and Marine in partnership with class instructors can help you learn new skills, reach your goals and have fun in classes like Skateboarding (pg 14), Sailing (pg 27) and Ice Skating and Ice Hockey (pg 8, 11, 12).**

The information in this publication is available in an alternative format by request 48 hours prior to the event to Jane Grobaty at (562) 570-3232. The City of Long Beach intends to provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990.

**All Programs and Prices Are Subject To Change**

**Long Beach Parks  
are Smoke Free**



To view this publication in Spanish, Khmer or Tagalog, visit [www.lbparks.org](http://www.lbparks.org).  
Para ver esta publicación en Español, Khmer o Tagalo, visite [www.lbparks.org](http://www.lbparks.org).  
“ដើម្បីមើលផែនការនេះ ក្នុងភាសាស្បែកខ្មែរ ឬភាសាហ្វីលីពីន ឬភាសាប្រាក់ ទៅលើគេហទំព័រ [www.lbparks.org](http://www.lbparks.org)”  
“Upang makita ang publication na ito sa Spanish, Khmer o Tagalog, bisitahin ang [www.lbparks.org](http://www.lbparks.org).”

To opt out of receiving this “Recreation Connection” publication, please e-mail your name and mailing address to: [lbparks@longbeach.gov](mailto:lbparks@longbeach.gov). Visit [www.lbparks.org](http://www.lbparks.org) to access the publication.



# PRESCHOOL CLASSES

Preschool classes give children-as young as six months old to those about to start school-opportunities to learn new skills in a fun, nurturing, social setting. Register early for classes.

## ART AND CULTURAL

### PEE WEE ART

An interactive art experience for toddlers and their favorite adult. Children will learn about shapes/lines/colors while exploring painting and a variety of art materials. Process oriented activities will encourage bonding, exploration and discovery. Includes time to make new friends, creative play, and group activity. Dress for fun! Guardian participation required. Cash material fee: \$15 due first date of class. Please visit: [www.averyboo.com](http://www.averyboo.com) for more information. Class held at Averyboo Arts, 3908 Atlantic Ave., Long Beach. Instructor: Natalie Meza.

24115	2Yrs 6Mos-3Yrs	1/12-2/2	11-12PM	F	\$65
24116	2Yrs 6Mos-3Yrs	1/12-2/2	9:30-10:30AM	F	\$65

## COOKING

### LIL' SPROUTS PRESCHOOL COOKING CLASS

Don't think your toddler can cook? Think again! We've got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games and empowering your little one to create their own special healthy snacks. Classes are theme-based. Great introduction to the Five Food Groups. Food and material fee: \$32. Instructor: A Yummy Future. Class held at El Dorado Park West.

23742	2Yrs-6Yrs	12/2-12/23	4-4:45PM	Sa	\$75
23743	2Yrs-6Yrs	1/20-2/10	4-4:45PM	Sa	\$75

## DANCE

### BABY DANCE

Help your baby develop a love for music and dance in a fun, silly and friendly environment. We will sing songs and dance, play with instruments, the parachute and much more! This class helps to develop important socialization and gross motor skills while you bond with your little one. \*No class 12/26, 12/27, 12/29, 12/30, 1/2, 1/3, 1/5 & 1/6. Instructor: Megan Kalscheuer. Class held at Whaley Park or College Estates Park.

24048	6Mos-1Yr 5Mos	12/5-1/16*	10-10:45AM	Tu	\$50	WHA
24054	6Mos-1Yr 5Mos	12/6-1/17*	10-10:45AM	W	\$50	WHA
24050	6Mos-1Yr 5Mos	12/8-1/19*	10-10:45AM	F	\$50	CEP
24049	6Mos-1Yr 5Mos	12/9-1/20*	10-10:45AM	Sa	\$50	WHA
24053	6Mos-1Yr 5Mos	1/23-2/20	10-10:45AM	Tu	\$50	WHA
24055	6Mos-1Yr 5Mos	1/24-2/21	10-10:45AM	W	\$50	WHA
24051	6Mos-1Yr 5Mos	1/26-2/23	10-10:45AM	F	\$50	CEP
24052	6Mos-1Yr 5Mos	1/27-2/24	10-10:45AM	Sa	\$50	WHA

### BALLET AND TAP FOR TOTS

This introduction to dance helps children gain confidence and have fun. Taught in a friendly way the class includes tap and ballet routines. \*No class 12/25, 1/1 & 1/15. Class held at Bixby Park. Instructor: Pat Dolezal.

24305	3-5Yrs	2/4-1/22*	4:30-5:15PM	M	\$42
24306	3-5Yrs	1/29-2/26	4:30-5:15PM	M	\$42

### BALLET AND TAP

A fun way for children to be introduced to the world of dance. Includes simple tap and ballet routines. \*No class 12/26 & 1/2. Class held at Recreation Park. Instructor: Pat Dolezal.

24303	3-6Yrs	12/5-1/16*	11AM-12PM	Tu	\$45
24304	3-6Yrs	1/30-2/27	11AM-12PM	Tu	\$45



### DANCE FOR FUN

Come bond with your little one and help your child to create a love for music and dance while developing their gross motor skills in a creative, fun and friendly environment. Sing, dance, play with instruments and much more! Simple dance moves are taught to help guarantee your child's success. \*No class 12/26, 12/27, 12/29, 12/30, 1/2, 1/3, 1/5 & 1/6. Instructor: Megan Kalscheuer. Class held at Whaley Park or College Estates Park.

24056	1Yr 6Mos-4Yrs	12/5-1/16*	9-9:45AM	Tu	\$50	WHA
24062	1Yr 6Mos-4Yrs	12/6-1/17*	9-9:45AM	W	\$50	WHA
24058	1Yr 6Mos-4Yrs	12/8-1/19*	9-9:45AM	F	\$50	CEP
24057	1Yr 6Mos-4Yrs	12/9-1/20*	9-9:45AM	Sa	\$50	WHA
24061	1Yr 6Mos-4Yrs	1/23-2/20	9-9:45AM	Tu	\$50	WHA
24063	1Yr 6Mos-4Yrs	1/24-2/21	9-9:45AM	W	\$50	WHA
24059	1Yr 6Mos-4Yrs	1/26-2/23	9-9:45AM	F	\$50	CEP
24060	1Yr 6Mos-4Yrs	1/27-2/24	9-9:45AM	Sa	\$50	WHA

### HIP HOP TOTS

Time to dance our best moves in this fun, fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class. For more information, visit: [www.annepennypackerdance.com](http://www.annepennypackerdance.com). Instructor: Anne Pennypacker. Class held at Recreation Park.

24168	2Yrs 6Mos-5Yrs	1/9-2/6	4-4:30PM	Tu	\$67
24169	2Yrs 6Mos-5Yrs	2/13-3/13	4-4:30PM	Tu	\$67

## Preschool Classes continued

### MUSICAL MINIS

Dance and sing on a star. This theatre class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love! Tennis shoes best for class. For more information visit: [www.annepennypackerdance.com](http://www.annepennypackerdance.com). Instructor: Anne Pennypacker. Class held at Recreation Park.

24170	2Yrs 6Mos-5Yrs	1/9-2/6	6-6:30PM	Tu	\$67
24171	2Yrs 6Mos-5Yrs	2/13-3/13	6-6:30PM	Tu	\$67

### PRE-BALLET AND CHARACTER CLASS

Your child will learn the very basic beginning positions and movements for their level. We will glide ballet steps together while pretending to be different ballet characters, such as Cinderella, Sleeping Beauty, floating fairies and more. A very creative and magical class. For more information please visit: [www.evelyngrauten.com](http://www.evelyngrauten.com). Instructor: Evelyn Grauten. Class held at Recreation Park.

23988	2Yrs 6Mos-5Yrs	1/12-2/9	11-11:45AM	F	\$44
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### STORYBOOK DANCE **NEW**

Catch the elusive Firebird feather, explore the depths of the oceans, be a toy that comes to life, sail away on a pirate ship and much more! Through creative movements dancers imaginations will soar in this fun filled class! For more information visit: [www.annepennypackerdance.com](http://www.annepennypackerdance.com). Class held at Marina Community Center, 151 Marina Dr., Seal Beach. Instructor: Anne Pennypacker.

24178	3-5Yrs	1/11-2/8	5:45-6:15 PM	Th	\$67
24179	3-5Yrs	2/22-3/22	5:45-6:15 PM	Th	\$67

## ENRICHMENT

### AMIGOS

A natural next step for Amiguitos participants, but not required. This class includes the calendar, pre math/reading and conversational skill-building activities. Kids help with storytelling and each session offers different experiences. Parent participation is optional. For more information please visit: [www.BamboleoKids.com](http://www.BamboleoKids.com). Material fee: \$30 (\$15 per sibling) includes crafts, books and audio CD. Instructor: Priscilla Monserrate-Sanders. Class held at Heartwell Park.

24118	4Yrs-6Yrs	1/13-2/17	11:30-12:30PM	Sa	\$75
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### BABY SIGN LANGUAGE

This class includes over 75 signs about home and play, music with signs, signed felt board stories and other developmentally appropriate activities to make learning fun for infants and toddlers. Parents or caregivers will also be given the opportunity to ask for instruction in signs that are personalized for their own family's needs. Material Fee: \$20. Instructor: Layla Guerrero. Class held at College Estates Park.

23990	2Mos-1Yr 6Mos	1/4-1/25	9:00-9:45AM	Th	\$55
23991	2Mos-1Yr 6Mos	2/1-2/22	9:00-9:45AM	Th	\$55

### TOT SIGN LANGUAGE **NEW**

In each class, a minimum of 80 ASL signs taught as well as 10+ songs and games to sign and sing with your toddler! Language strategies appropriate for this age also discussed. Material Fee: \$20. Instructor: Layla Guerrero. Class held at College Estates Park.

23992	1Yr 6Mos-3Yrs	1/4-1/25	10:00-10:45AM	Th	\$55
23993	1Yr 6Mos-3Yrs	2/1-2/22	10:00-10:45AM	Th	\$55

### BAMBOLEO AMIGUITOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-playing and art. Material fee: \$30 (\$15 per sibling) includes crafts, books and an audio CD. For more information please visit: [www.bamboleokids.com](http://www.bamboleokids.com). Instructor: Priscilla Monserrate-Sanders on Saturdays and Susana Paniagua on Tuesdays/Thursdays/Fridays. Class held at Heartwell Park.

24119	2Yrs-4Yrs	1/13-2/17	10:15-11:15AM	Sa	\$75
24145	2Yrs-4Yrs	1/23-2/27	10:15-11:15AM	Tu	\$75
24146	2Yrs-6Yrs	1/25-3/1	10:15-11:15AM	Th	\$75
24147	2Yrs-6Yrs	1/26-3/2	10:15-11:15AM	F	\$75

### BAMBOLEO BEBE

Wee ones will wiggle, jiggle and delight in the rhythms and sounds of the Spanish language through music, movement, parachute play and many more age-appropriate games. For more information please visit: [www.bamboleokids.com](http://www.bamboleokids.com). Instructor: Priscilla Monserrate-Sanders. Class held at Heartwell Park.

24120	10Mos-1Yr	1/13-2/17	9:20-10:00AM	Sa	\$75
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### FUN ON THE FARM

This is a get down on the ground type of class. Introducing children and their parents to farm animals: geese, ducks, cows, horses, goats, bunnies and more. We sing songs, make a fun farm craft and ride a pony each week. Parent participation is required. Please wear closed toe shoes (riding boots are best), long pants and bring a helmet. No unregistered siblings. Material fee: \$25. Class held at the El Rodeo Stables, 4449 Carbon Canyon Road, Brea. Instructor: Fun With Horses.

23964	2Yrs-6Yrs	1/6-1/27	11:00AM-12PM	Sa	\$75
23965	2Yrs-6Yrs	2/3-2/24	11:00AM-12PM	Sa	\$75

### PARENT & ME PRE-K READINESS **NEW**

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math, outdoor games and play specifically designed for children in this age group. Material fee: \$20. Adult participation is required. Space is limited. Instructor: Readwrite Educational Solution Inc. Class held at Bixby Knolls Park.

24206	2Yrs 4Mos-3Yrs	1/9-2/1	10:30AM-12PM	Tu Th	\$149
24207	2Yrs 4Mos-3Yrs	2/6-3/1	10:30 AM-12 PM	Tu Th	\$149

### READWRITE KINDER PREP **NEW**

Be ready for kindergarten, academically and socially. This well-rounded, individualized program incorporates letter and number recognition, phonics (for reading and spelling), math, science, and fine motor skills (for writing). We reinforce a positive self-image with fun and engaging activities that stimulate creativity through art projects and music time. Children must be toilet trained. Bring a healthy snack. Parent participation required 2 days per session. Material fee: \$40. \*No class: 1/15 & 2/12. Instructor: Readwrite Educational Solution Inc. Class held at Bixby Knolls Park.

24208	4Yrs-5Yrs 6Mos	1/8-2/2	9AM-12PM	M W F	\$199
24209	4Yrs-5Yrs 6Mos	2/5-3/2*	9AM-12PM	M W F	\$199

**MUSIC****BABIES LOVE CHRISTMAS MUSIC NEW**

Mix together Christmas music and winter songs with jingle bell shakers! Play drums and baby-safe glockenspiels to Christmas music, mmm, mmm, good! This class is for babies who are not walking. Adult participation required. Some materials available for purchase. Questions: [info@kidslovemusic.net](mailto:info@kidslovemusic.net). Class held at Mae Boyar Park, 6701 Del Amo Blvd., Lakewood. Instructor: Karen Greeno.

24084 4Mos-1Yr 2Mos 11/27-12/11 3:30-4:00PM M \$42

**TODDLERS LOVE CHRISTMAS MUSIC NEW**

Mix together Christmas music and winter songs with jingle bells, singing and dancing! Stir in drums, glockenspiels and xylophones for musical play, mmm, mmm, good! Adult participation is required. Some materials are available for purchase. Questions: [info@kidslovemusic.net](mailto:info@kidslovemusic.net). Class held at Mae Boyar Park, 6701 Del Amo Blvd., Lakewood. Instructor: Karen Greeno.

24085 1Yr-2Yrs 11/27-12/11 4:15-4:45PM M \$42

**KIDS LOVE CHRISTMAS MUSIC! NEW**

Mix together Christmas music and winter songs with snowmen, jingle bells, singing and dancing! Stir in drums, glockenspiels and xylophones for musical play! Adult participation required. Some materials are available for purchase, up to \$20. Questions: [info@kidslovemusic.net](mailto:info@kidslovemusic.net). Class held at Mae Boyar Park, 6701 Del Amo Blvd., Lakewood. Instructor: Karen Greeno.

24083 1Yr-4Yrs 11/27-12/11 5:00-5:45PM M \$42

**KIDS LOVE MUSIC: BABIES!**

Musical bonding time for you and your baby (not yet walking). Learn lap songs, peek-a-boo songs and active chants. Explore rhythm and sound with shakers and drums. Your baby gains motor skills, building blocks for tonal memory, cognitive development and fun with you! Please bring a baby blanket. Adult participation required. Some materials available for purchase. Questions: [info@kidslovemusic.net](mailto:info@kidslovemusic.net). Class held at Cerritos Park East, 13234 E. 166th St., Cerritos. Instructor: Karen Greeno.

24074 4Mos-1Yr 2Mos 2/26-3/26 3:30-4:00PM M \$65

**KIDS LOVE MUSIC: TODDLERS!**

A good class for first-timers! Sing, dance and play rhythm instruments with your child. Explore making music with drums, xylophones and glockenspiels. Your child gains tonal memory, motor skills, cognitive development and fun with you! Adult participation is required. Some materials are available for purchase. Questions: [info@kidslovemusic.net](mailto:info@kidslovemusic.net). Class held at Cerritos Park East, 13234 E. 166th St., Cerritos. Instructor: Karen Greeno.

24075 1Yr-2Yrs 2/26-3/26 4:15-4:45PM M \$65

**KIDS LOVE MUSIC!**

Come sing, dance and play with your child! Spark your child's imagination with puppets and rhythm instruments! Explore making music with drums, xylophones and glockenspiel! Your child gains tonal memory, motor skills, cognitive development all while bonding with you! Adult participation required. Some materials are available for purchase, up to \$20. Questions: [info@kidslovemusic.net](mailto:info@kidslovemusic.net). Class held at Cerritos Park East, 13234 E. 166th St., Cerritos. Instructor: Karen Greeno.

24073 1Yr-4Yrs 2/26-3/26 5:00-5:45PM M \$65

**LITTLE MUSIC MAKERS**

A great introduction to making music! Through songs, drum circles and inventive musical activities, your child will develop an understanding for the components of music: rhythm, melody and imagination. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

24044 2Yrs 6Mos-5Yrs 1/19-2/23 10:00-10:45AM F \$85  
24045 2Yrs 6Mos-5Yrs 1/20-2/24 10:00-10:45AM Sa \$85

**MELODY TIME**

Parent and child make music together in this fun and interactive class! Sing songs, play simple instruments from around the world and enjoy drum circle time. Creative music activities help speech development, motor skills and listening and concentration skills. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

24046 1Yr-2Yrs 1/19-2/23 9:00-9:45AM F \$75

**MUSIC AND MOVEMENT**

Designed to provide a positive, challenging learning environment for children to blossom musically and personally. Children participate in musical games, singing, dancing, listening and playing instruments. Program combines elements of Orff-Schulwerk and Kodaly methods with traditional philosophies of musical education. Instructor: Danuta Klimczak. Class held at College Estates Park.

24076 1Yr 8Mos-2Yrs 9Mos 1/3-1/31 10:00-10:50AM W \$65  
24077 1Yr 8Mos-2Yrs 9Mos 2/7-2/28 10:00-10:50AM W \$53  
24078 2Yrs 9Mos-4Yrs 1/3-1/31 11:15AM-12:05PM W \$65  
24079 2Yrs 9Mos-4Yrs 2/7-2/28 11:15AM-12:05PM W \$53

**SPORTS****BIDDY SOCCER LEAGUE**

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing and teamwork. The Biddy League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirts and a medal. The first week will be practice and team assignments with the remainder of the weeks being games. Game times for 3-5 age group are at 6PM or 7PM. Instructor: TriFyft Sports. Class held at Bixby Knolls Park.

24272 2Yrs-3Yrs 1/20-2/24 3:30-4PM Sa \$89  
24273 3Yrs-5Yrs 1/22-2/26 4-4:45PM M \$89



## Preschool Classes continued

### BIDDY TEE BALL LEAGUE

Your child will have a great time playing tee ball and making new friends while learning the benefits of sportsmanship, sharing and teamwork. The Tee Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt and medal. The first week will be practice and team assignments with the remainder of the weeks being games. \*No class: 2/17. Instructor: TriFytt Sports. Class held at Bixby Knolls Park.

24274	3Yrs-5Yrs	1/13-2/24*	11:00-11:45AM	Sa	\$99
24275	3Yrs-5Yrs	1/13-2/24*	12:00-12:45PM	Sa	\$99
24276	2Yrs-3Yrs	1/13-2/24*	1:00-1:30PM	Sa	\$99

### D-UP TINY BALLERS

D-Up Tiny Ballers is an introductory to the fundamentals of basketball and will focus on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. We will have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Material fee: \$20. Instructor: James Christian. Class held at Pan American Park.

23925	3Yrs-6Yrs	12/3-1/7	11:00-11:45AM	Su	\$70
23926	3Yrs-6Yrs	1/21-2/18	11:00-11:45AM	Su	\$70

### HORSE FUN

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Parent participation is required, no unregistered siblings allowed. Material Fee: \$20. Class held at El Rodeo Stables, 4449 Carbon Canyon Road, Brea. Instructor: Fun With Horses.

23967	3Yrs-6Yrs	1/6-1/27	1:00-2:00PM	Sa	\$75
23968	3Yrs-6Yrs	2/3-2/24	1:00-2:00PM	Sa	\$75

### MINI-HAWK MULTI-SPORT

Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation is required for younger ages. Instructor: Skyhawks Sports Academy. Class held at Marina Vista Park.

24263	2Yrs-3Yrs 6Mos	12/12-2/6	3:30-4:00PM	Tu	\$155
24264	3Yrs 6Mos-5Yrs	12/12-2/6	4:15-5:00PM	Tu	\$155

### MOMMY/DADDY AND ME SOCCER

The fun happens on the field, so don't just watch from the sidelines! You'll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week, adult participation is required. All kids receive a Kidz Love Soccer jersey. Instructor: Kidz Love Soccer. Class held at Good Neighbor Park or College Estates Park.

24121	2Yrs-3Yrs 6Mos	1/26-3/16	9:30-10:00AM	F	\$113	GNP
24122	2Yrs-3Yrs 6Mos	2/16-3/16	5:15-5:45PM	F	\$80	GNP
24123	2Yrs-3Yrs 6Mos	1/27-3/17	8:45-9:15AM	Sa	\$113	GNP
24124	2Yrs-3Yrs 6Mos	1/27-3/17	9:20-9:50AM	Sa	\$113	GNP
24125	2Yrs-3Yrs 6Mos	1/27-3/17	9:30-10:00AM	Sa	\$113	CEP

### MULTI SPORT

Here is a great chance for kids to play their favorite sports all at one class. This program is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt. \*No class: 2/17. Instructor: TriFytt Sports. Class held at Bixby Knolls Park.

24277	2Yrs-3Yrs	1/13-2/24*	9:00-9:30AM	Sa	\$99
24278	1Yr 6Mos-2Yrs	1/13-2/24*	9:30-10:00AM	Sa	\$99
24279	3Yrs-5Yrs	1/13-2/24*	10:00-10:45AM	Sa	\$99

### PARENT AND ME SKATING

Class fee includes skate rentals, half hour of instruction and free practice on your registered class day. Practice times: Th 10:30AM-12:30PM or Sat 10:45-11:215AM. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. \*No class 11/23 & 11/25. Instructor: Ice Management LLC.

24021	3Yrs-6Yrs	11/16-12/14*	11:15-11:45AM	Th	\$45
24022	3Yrs-6Yrs	1/4-1/25	11:15-11:45AM	Th	\$45
24023	3Yrs-6Yrs	11/18-12/16*	11:20-11:50AM	Sa	\$45
24024	3Yrs-6Yrs	1/13-1/27	11:20-11:50AM	Sa	\$34
24025	3Yrs-6Yrs	2/1-2/22	11:15-11:45AM	Th	\$45



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## Preschool Classes continued

### PRE SOCCER

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. Instructor: Kidz Love Soccer. Class held at Good Neighbor Park or College Estates Park.

24126	4Yrs-5Yrs	1/26-3/16	10:10-10:45AM	F	\$113	GNP
24127	4Yrs-5Yrs	1/26-3/16	4:30-5:05PM	F	\$113	GNP
24128	4Yrs-5Yrs	1/27-3/17	10:30-11:05AM	Sa	\$113	GNP
24129	4Yrs-5Yrs	1/27-3/17	10:40-11:15AM	Sa	\$113	CEP

### TEE BALL SKILLZ

Here is a great chance for kids to be introduced to tee-ball in a fun, safe environment while learning the basics of the game. Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt. Instructor: TriFyft Sports. Class held at Good Neighbor Park.

24280	2Yrs-3Yrs	1/22-2/26	4-4:30PM	M	\$99
24281	3Yrs-5Yrs	1/22-2/26	4:30-5:15PM	M	\$99

### TINY TIGER MARTIAL ARTS

This program will teach your child the basic skills that will be an essential part of growing up. Designed by Grand Master Park, an Olympic Taekwondo coach, with over 30 years teaching experience. Uniform: \$40 White Belt course fee. For more information, please visit: [www.jgparksmartialarts.com](http://www.jgparksmartialarts.com) or call 562-809-0653. Class held at the U.S. Taekwondo Academy, 12233 Centralia, Lakewood near the Long Beach Town Center. Class times are as follows: (M W) Monday 5-5:30PM, Wednesday 6-6:30PM & (Tu Th) Tuesday 6-6:30PM, Thursday 6-6:30PM. Saturday dates are optional from 10-10:30AM. Instructor: Cynthia Markopulos.

24107	2Yrs 6Mos-6Yrs	12/4-12/27	Mon:5-5:30PM	M W	\$60
			Wed:6-6:30PM		
24104	2Yrs 6Mos-6Yrs	12/5-12/28	6:00-6:30PM	Tu Th	\$60
24105	2Yrs 6Mos-6Yrs	1/2-1/30	6:00-6:30PM	Tu Th	\$60
24108	2Yrs 6Mos-6Yrs	1/3-1/31	Mon:5-5:30PM	M W	\$60
			Wed:6-6:30PM		
24109	2Yrs 6Mos-6Yrs	2/5-2/28	Mon:5-5:30PM	M W	\$60
			Wed:6-6:30PM		
24106	2Yrs 6Mos-6Yrs	2/1-3/27	6:00-6:30PM	Tu Th	\$60

### TINY TUMBLERS GYMNASTICS I

A parent and me program for developing toddler's motor skills and body awareness. Kids will be introduced to all gymnastic equipment, along with movement to music, parachutes, puppets and more. Your child must be able to walk. Instructor: Aerial Butterflies LLC. Class held at Wardlow Park.

23757	9Mos-2Yrs 6Mos	12/2-12/23	9:30-10:15AM	Sa	\$60
23754	9Mos-2Yrs 6Mos	12/5-1/2	10:00-10:45AM	Tu	\$60
23758	9Mos-2Yrs 6Mos	1/6-1/27	9:30-10:15AM	Sa	\$60
23755	9Mos-2Yrs 6Mos	1/9-1/30	10:00-10:45AM	Tu	\$60
23759	9Mos-2Yrs 6Mos	2/3-2/24	9:30-10:15AM	Sa	\$60
23756	9Mos-2Yrs 6Mos	2/6-2/27	10:00-10:45AM	Tu	\$60

### TINY TUMBLERS GYMNASTICS II

A parent and me program for developing toddler's motor skills and body awareness. Kids will be introduced to all gymnastic equipment, along with movement to music, parachutes, puppets and more. Your child must be able to walk. Instructor: Aerial Butterflies LLC. Class held at Wardlow Park.

23760	2Yrs 6Mos-4Yrs	12/2-12/23	10:20-11:05AM	Sa	\$60
23763	2Yrs 6Mos-4Yrs	12/5-1/2	10:50-11:35AM	Tu	\$60
23761	2Yrs 6Mos-4Yrs	1/6-1/27	10:20-11:05AM	Sa	\$60
23764	2Yrs 6Mos-4Yrs	1/9-1/30	10:50-11:35AM	Tu	\$60
23762	2Yrs 6Mos-4Yrs	2/3-2/24	10:20-11:05AM	Sa	\$60
23765	2Yrs 6Mos-4Yrs	2/6-2/27	10:50-11:35AM	Tu	\$60

### TOT BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40PM, Th 3-5:30PM or Sat 10:45-11:15AM. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. \*No class 11/22, 11/23 & 11/25. Instructor: Ice Management LLC.

24026	3Yrs-6Yrs	11/15-12/13*	6:10-6:40PM	W	\$45
24027	3Yrs-6Yrs	11/16-12/14*	4:00-4:30PM	Th	\$45
24028	3Yrs-6Yrs	11/18-12/16*	10:15-10:45AM	Sa	\$45
24029	3Yrs-6Yrs	1/3-1/24	6:10-6:50PM	W	\$45
24030	3Yrs-6Yrs	1/4-1/25	4:00-4:30PM	Th	\$45
24031	3Yrs-6Yrs	1/13-1/27	10:15-10:45AM	Sa	\$34
24032	3Yrs-6Yrs	1/31-2/21	6:10-6:50PM	W	\$45
24033	3Yrs-6Yrs	2/1-2/22	4:00-4:30PM	Th	\$45

### TOT ICE HOCKEY

Prerequisite: 4 weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30pm or Sat 10:45-11:15am. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. \*No class 11/23 & 11/25. Instructor: Ice Management LLC.

24034	3Yrs-6Yrs	11/16-12/14*	5:30-6:00PM	Th	\$45
24035	3Yrs-6Yrs	11/18-12/16*	10:15-10:45AM	Sa	\$45
24036	3Yrs-6Yrs	1/4-1/25	5:30-6:00PM	Th	\$45
24037	3Yrs-6Yrs	1/13-1/27	10:15-10:45AM	Sa	\$34
24038	3Yrs-6Yrs	2/1-2/22	5:30-6:00PM	Th	\$45

### TOT SOCCER

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. Instructor: Kidz Love Soccer. Class held at Good Neighbor Park or College Estates Park.

24134	3Yrs 6Mos-4Yrs	1/26-3/16	10:10-10:45AM	F	\$113	GNP
24135	3Yrs 6Mos-4Yrs	1/26-3/16	4:30-5:05PM	F	\$113	GNP
24136	3Yrs 6Mos-4Yrs	1/27-3/17	10:00-10:30AM	Sa	\$113	GNP
24137	3Yrs 6Mos-4Yrs	1/27-3/17	10:10-10:40AM	Sa	\$113	CEP



# YOUTH CLASSES

As children grow, so do their interests. Parks, Recreation and Marine has classes that will keep your youngster engaged and having fun while enhancing their abilities in music, acting, chess, math, and reading or staying fit with a variety of fitness and sport offerings such as yoga, martial arts, golf and gymnastics.

## COOKING

### 8 HOUR CORE COOKING CLASS

This is our signature program. Your child will learn how to make healthy snacks, breakfasts, lunches, and dinners for him/herself. Great core program for any child who is looking to build confidence in the kitchen or just gain important kitchen skills. Food/material fee: \$48. Instructor: A Yummy Future. Class held at El Dorado Park West. 23741 7-14Yrs 12/2-12/23 5:00 -7:00PM Sa \$110

## DANCE



### BALLET, TAP AND JAZZ

Children will learn to dance, while developing flexibility, coordination and confidence. A short routine will be taught along with basic stretches and posture. \*No class 12/25, 1/1 & 1/15. Class held at Bixby Park. Instructor: Pat Dolezal.

24307	6-13Yrs	12/4-1/22*	5:15-6:00PM	M	\$42
24308	6-13Yrs	1/29-2/26	5:15-6:00PM	M	\$42

### CHILDREN & YOUTH'S DANCE WORKSHOP

Tap, ballet and contemporary dance. Basic 1-3 mixed level class includes barre and center technique. Learn 8 count combinations to work toward routine. Tap shoes (most sizes) available for loan at class. Class held at the Long Beach Dance Academy, 727 South St., Long Beach. Instructor: Joaquin Feliciano.

23959	10-16Yrs	1/6-1/27	11:30 AM-12:30PM	Sa	\$40
23960	10-16Yrs	2/3-2/24	11:30 AM-12:30PM	Sa	\$40
23961	4-9Yrs	1/6-1/27	10:30 AM-11:30AM	Sa	\$40
23962	4-9Yrs	2/3-2/24	10:30 AM-11:30AM	Sa	\$40

### FUNK DANCE

Street style hoofin' infused with elements of hip hop and rhythm, using the movements of the feet similar to playing drums. High energy, fast paced and funky! For more information visit: [www.annepennypackerdance.com](http://www.annepennypackerdance.com). Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Anne Pennypacker.

24162	6-13Yrs	1/12-2/9	5:45-6:15PM	F	\$67
24163	6-13Yrs	2/23-3/23	5:45-6:15PM	F	\$67

### HIP HOP

A fast paced class to get dancers on their feet and groovin'! Students will learn street style dance and a funky hip hop routine. Always fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class. For more information visit: [www.annepennypackerdance.com](http://www.annepennypackerdance.com). \*No class: 1/5. Instructor: Anne Pennypacker. Class held at Recreation Park or at Marina Community Center, 151 Marina Dr., Seal Beach or at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Anne Pennypacker.

24164	5-12Yrs	1/9-2/6	4:30-5:15PM	Tu	\$67	REC
24166	5-12Yrs	2/13-3/13	4:30-5:15PM	Tu	\$67	REC
24165	5-12Yrs	1/11-2/8	3:45-4:30PM	Th	\$67	MAR
24167	5-12Yrs	2/22-3/22	3:45-4:30PM	Th	\$67	MAR
24180	5-12Yrs	1/8-2/12*	3:45-4:30PM	M	\$67	LOS AL
24181	5-12Yrs	2/26-3/26	3:45-4:30PM	M	\$67	LOS AL

### LYRICAL DANCE

Learn to express emotion through the movement of the body in this inspirational dance class. Dancers will learn the continuation of movement within choreography that fuses flowing modern movements together. For more information visit: [www.annepennypackerdance.com](http://www.annepennypackerdance.com). \*No class: 1/15. Class held at Los Alamitos Community Center, 10911 Oak, Los Alamitos. Instructor: Anne Pennypacker.

24182	6-13Yrs	1/8-2/12*	5:15-6:00PM	M	\$67
24183	6-13Yrs	2/26-3/26	5:15-6:00PM	M	\$67

### MEXICAN FOLK DANCE - BEGINNING

This class will have basic foot work to various regions of Mexico and Spain. Need dance shoes and circle skirt, hair pulled back away from face, sweats or shorts for easy movements. Att: Parents please wait outside of the Social Hall while class is in session. Shows will count as a lesson. \*No class: 12/23 and 12/30. Instructor: Irene Portillo. Class held at Veterans Park.

24185	4-12Yrs	12/2-2/3	10:30-11:15AM	Sa	\$68
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### MEXICAN FOLK DANCE - BEGINNING/INTERMEDIATE

This class will have repetitive and some basic foot work to various regions from Mexico and Spain, learning movements of skirts. Student must have some dance experience. Need to have castanets and wear shorts/sweats/dance wear for flexibility. Jeans and sandals are not allowed. Closed toe shoes for support. Hair must be pulled back away from the face. Shows will count as a lesson. To be in this class will depend on students ability to learn or keep up with the class. Att: Parents please wait outside of the Social Hall while class is in session. \*No class: 12/23, 12/30 and 1/13. Instructor: Irene Portillo. Class held at Veterans Park.

24186	6-11Yrs	12/2-2/10*	9:45-10:30AM	Sa	\$68	BEG/INT
24187	9-15Yrs	12/2-2/10*	9:00-9:45AM	Sa	\$68	INT
24184	12-17Yrs	12/2-2/10*	11:15AM-12:15PM	Sa	\$68	ADV

## Youth Classes continued

### MUSICAL THEATRE

Calling all entertainers! Casting now.. Needed: creative students interested in exploring dance, acting, music and song. Students will learn musical theatre dance styles, while learning to connect acting and emotions of the song to the choreography of the piece. For more information, visit: [www.annepennypackerdance.com](http://www.annepennypackerdance.com). Class held at Marina Community Center, 151 Marina Dr., Seal Beach. Instructor: Anne Pennypacker.

24172	5-12Yrs	1/10-2/7	3:45-4:30PM	W	\$67
24173	5-12Yrs	2/21-3/21	3:45-4:30PM	W	\$67

### ROCKSTAR POPSTAR

C'mon boys and girls, it's time to party like a rockstar! We will learn lyrics and dance moves to our favorite pop songs and be stars! At session's end we will put on a concert not to be missed! For more information please visit: [www.annepennypackerdance.com](http://www.annepennypackerdance.com). \*No class: 1/15. Instructor: Anne Pennypacker. Class held at Recreation Park or at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Anne Pennypacker.

24174	5-12Yrs	1/9-2/6	5:15-6:00PM	Tu	\$67	REC
24175	5-12Yrs	2/13-3/13	5:15-6:00PM	Tu	\$67	REC
24176	5-13Yrs	1/8-2/12*	4:30-5:15PM	M	\$67	LOS AL
24177	5-13Yrs	2/26-3/26	4:30-5:15PM	M	\$67	LOS AL

## ENRICHMENT

### PERSUASIVE ESSAYS

When presented with a question, could you analyze multiple points of view, choose a side, and present your arguments with powerfully convincing words and ideas? We can teach you all the steps: analyzing the topic, creating an outline, writing the first draft, and composing a final essay with grammar and structural changes. We teach in a positive, encouraging way! Material fee: \$28. Class is held at the Cypress Community Center, 5700 Orange Ave., Cypress. Instructor: Write On!.

24298	7-12Yrs	2/6-2/27	3:30-4:45PM	Tu	\$60
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### PERSUASIVE VOICES

Active verbs, lively adjectives, creative jingles, and persuasive political voices surround us daily. Come learn persuasive writing in a fun, interactive style as we closely examine and create advertisements, political speeches, announcements, and letters. Develop the vocabulary, critical thinking skills, and persuasive techniques to perfect your writing! Material fee: \$28. Class is held at the Cypress Community Center, 5700 Orange Ave., Cypress. Instructor: Write On!.

24299	7-12Yrs	1/9-1/30	3:30-4:45PM	Tu	\$60
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### MATH DEVELOPMENT

Students skills gaps are identified through comprehensive testing. Trained teachers structure and implement a program to reinforce identified skills in primary facts (addition, subtraction, multiplication, division), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increased confidence. For more information call: 949-263-0633. Testing and material fee: \$20. \*No class: 2/12. Class held on Tuesday and Thursday meets at Heartwell Park, class held on Monday and Wednesday meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long

Beach. Class may meet at Bixby Knolls Park (Noted as BXX). Instructor: Readwrite Educational Solution Inc.

24188	6Yrs 6Mos-11Yrs	1/16-2/8	5:10-5:55PM	Tu Th	\$75	
24189	6Yrs 6Mos-11Yrs	1/17-2/14*	5:10-5:55PM	M W	\$75	
24190	6Yrs 6Mos-11Yrs	2/20-3/15	5:10-5:55PM	Tu Th	\$75	
24191	6Yrs 6Mos-11Yrs	2/26-3/21	5:10-5:55PM	M W	\$75	
24202	6Yrs 6Mos-11Yrs	1/17-2/14*	5:10-5:55PM	M W	\$75	BXX
24203	6Yrs 6Mos-11Yrs	2/26-3/21	5:10-5:55PM	M W	\$75	BXX

### READING DEVELOPMENT

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: 949-263-0633. Testing and material fee: \$20. \*No class: 2/12. Class held on Tuesday and Thursday meets at Heartwell Park, class held on Monday and Wednesday meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. Class may meet at Bixby Knolls Park (Noted as BXX). Instructor: Readwrite Educational Solution Inc.

24192	6Yrs 6Mos-11Yrs	1/16-2/8	4:20-5:05PM	Tu Th	\$75	
24193	6Yrs 6Mos-11Yrs	1/17-2/14*	4:20-5:05PM	M W	\$75	
24194	6Yrs 6Mos-11Yrs	2/26-3/21	4:20-5:05PM	M W	\$75	
24195	6Yrs 6Mos-11Yrs	2/20-3/15	4:20-5:05PM	Tu Th	\$75	
24200	6Yrs 6Mos-11Yrs	1/17-2/14*	4:20-5:05PM	M W	\$75	BXX
24201	6Yrs 6Mos-11Yrs	2/26-3/21	4:20-5:05PM	M W	\$75	BXX
24208	4Yrs 6Mos-4Yrs	1/8-2/2	9:00AM-12:00PM	M W F	\$199	
24209	4Yrs 6Mos-4Yrs	1/17-2/14*	9:00AM-12:00PM	M W F	\$199	

### SOUND-START READING

Individualized to your students needs. Specially trained teachers test, structure and implement your child's program. Interactive audio lessons, skill cards, worksheets and short stories assist the student along the path of reading mastery. For more information call: 949-263-0633. Testing and material fee: \$20. \*No class: 2/12. Class held on Tuesday and Thursday meets at Heartwell Park, class held on Monday and Wednesday meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. Class may meet at Bixby Knolls Park (Noted as BXX). Instructor: Readwrite Educational Solution Inc.

24196	4Yrs 6Mos-7Yrs	1/16-2/8	3:30-4:15PM	Tu Th	\$75	
24197	4Yrs 6Mos-7Yrs	1/17-2/14*	3:30-4:15PM	M W	\$75	
24198	4Yrs 6Mos-7Yrs	2/26-3/21	3:30-4:15PM	M W	\$75	
24199	4Yrs 6Mos-7Yrs	2/20-3/15	3:30-4:15PM	Tu Th	\$75	
24204	4Yrs 6Mos-7Yrs	1/17-2/14*	3:30-4:15PM	M W	\$75	BXX
24205	4Yrs 6Mos-7Yrs	2/26-3/21	3:30-4:15PM	M W	\$75	BXX

## MUSIC

### EXPLORING INSTRUMENTS

Want to play music but not sure where to start? This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

24039	7-11Yrs	1/17-2/21	4:00-4:50PM	W	\$90
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## Youth Classes continued

### GROUP PIANO

Beginning class for children with little to no previous instruction. Students will be taught note reading, hand positions, proper finger technique and simple melodies in a fun, supportive atmosphere. Please note class is taught on electronic keyboards. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

24040 7-12Yrs 1/16-2/20 4-4:50PM Tu \$95

### GUITAR

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5. Instructor: Daniel Howe. Class held at Whaley Park.

24000 8-17Yrs 1/10-2/7 6:30-7:30PM W \$65

### JAMMIN' MUSIC GLEE CLUB

Participants will have a blast singing group renditions of pop and rock songs while also learning proper vocal technique (breathing, warm-ups, pitch and more), light choreography and stage blocking. Class will conclude with a live performance. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. \*No class 12/28 and 1/4 Instructor: Jammin' Music Inc.

24041 7-14Yrs 12/14-3/1 4:30-5:30PM Th \$135

### KEYBOARD KIDS

Learn to play piano in a fun and supportive atmosphere. Rhythm, note recognition and proper keyboard technique will be taught as well as simple melodies. Concepts are reinforced through musical games and activities to keep children actively engaged in the learning process. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

24042 5-6Yrs 1/16-2/20 3:00 -3:50PM Tu \$95

24043 5-6Yrs 1/20-2/24 11:00 -11:50AM Sa \$95

### ROCKIN' GUITAR

Calling all beginning electric or acoustic guitarists: Learn what it takes to rock! Beginning rock techniques include: power chords, simple blues and rock licks. Bring your own guitar or rent one from us. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach. Instructor: Jammin' Music Inc.

24047 8-14Yrs 1/19-2/23 5:00 -5:50PM F \$85

## SPORTS

### B-BALLERS HOOP SCHOOL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material Fee: \$20. \*Class on 12/17 runs from 4-6PM. Classes held at Wilson High School, 4400 E. 10th St., Long Beach. Instructor: B-Ballers Hoop School.

23664 5-12Yrs 12/3-12/17\* 4:00 -5:00PM Su \$65

23665 5-12Yrs 1/7-1/28 4:00 -5:00PM Su \$65

23666 5-12Yrs 2/4-2/25 4:00 -5:00PM Su \$65

### B-BALLERS HOOP SCHOOL FOR GIRLS NEW

Our Girl Coach and Coach Greg will teach B-Ballers Hoop School for girls. We will teach the fundamentals of basketball using drills sequences. We will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material Fee: \$20 due 1st day of class for shirts. \*Class on 12/17 runs from 3-5PM. Class held at Wilson High School, 4400 E. 10th St., Long Beach. Instructor: B-Ballers Hoop School.

23667 5-13Yrs 12/3-12/17 3-4 PM Su \$65

23668 5-13Yrs 1/7-1/28 3-4 PM Su \$65

23669 5-13Yrs 2/4-2/25 3-4 PM Su \$65



### BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40PM, Th 3-5:30PM or Sat 10:45-11:15AM. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. \*No class 11/22, 11/23 & 11/25. Instructor: Ice Management LLC.

24003 7-14Yrs 11/15-12/13\* 6:40-7:10PM W \$45

24004 7-14Yrs 11/16-12/14\* 4:30-5:00PM Th \$45

24005 7-14Yrs 11/18-12/16\* 11:15-11:45AM Sa \$45

24006 7-14Yrs 1/3-1/24 6:40-7:10PM W \$45

24007 7-14Yrs 1/4-1/25 4:30-5:00PM Th \$45

24008 7-14Yrs 1/13-1/27 11:15-11:45AM Sa \$34

24009 7-14Yrs 1/31-2/21 6:40-7:10PM W \$45

24010 7-14Yrs 2/1-2/22 4:30-5:00PM Th \$45

### D-UP BALLERS

D-Up Ballers will challenge you mentally and physically in the game of basketball. This program is geared for all levels, and enhances your basketball skills. You will be working on dribbling, passing, shooting, defense, footwork and much more. We will have player(s) of the week and give out prizes! Material fee: \$20. Instructor: James Christian. Class held at Pan American Park.

23923 7-14Yrs 12/3-1/7 12:00 -1:00PM Su \$70

23924 7-14Yrs 1/21-2/18 12:00 -1:00PM Su \$70



## Youth Classes continued

### GYMNASTICS - BEGINNING

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Class held at Woodrow Wilson High School, 4400 E. 10th St. 600 Bldg., Long Beach. Instructor: Wilson High School Gymnastics Coach.

24151	6-17Yrs	12/5-12/12	5:00 -5:50PM	Tu	\$24
24154	6-17Yrs	12/7-12/14	5:00 -5:50PM	Th	\$24
24155	6-17Yrs	1/4-1/25	5:00 -5:50PM	Th	\$48
24152	6-17Yrs	1/9-1/30	5:00 -5:50PM	Tu	\$48
24156	6-17Yrs	2/1-2/22	5:00 -5:50PM	Th	\$48
24153	6-17Yrs	2/6-2/27	5:00 -5:50PM	Tu	\$48

### GYMNASTICS - INTERMEDIATE

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Ability to perform a cartwheel on both sides, a dive roll, round off, and back walkover. Class held at Woodrow Wilson High School, 4400 E. 10th St., 600 Bldg., Long Beach. Instructor: Wilson High School Gymnastics Coach.

24157	6-17Yrs	12/5-12/14	6:00 -6:50PM	Tu Th	\$42
24158	6-17Yrs	1/9-1/30	6:00 -6:50PM	Tu Th	\$84
24159	6-17Yrs	2/1-2/27	6:00 -6:50PM	Tu Th	\$84

### GYMNASTICS - ADVANCED

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Intermediate requirements plus back handspring and/or front handspring and/or round off back handspring. Class held at Woodrow Wilson High School, 4400 E. 10th St., 600 Bldg., Long Beach. Instructor: Wilson High School Gymnastics Coach.

24148	6-17Yrs	12/5-12/14	6:50-8:20PM	Tu Th	\$60
24149	6-17Yrs	1/9-1/30	6:50-8:20PM	Tu Th	\$120
24150	6-17Yrs	2/1-2/27	6:50-8:20PM	Tu Th	\$120



### GYMNASTICS- BEGINNING I OR I/II

Boys and girls have fun learning all gymnastic events: floor exercises, uneven bars, vault and beam. We will teach balance, coordination and strength that will benefit all sports your child will play. Beginning I takes place on Tuesdays and Beginning I/II takes places on Saturdays. Instructor: Aerial Butterflies LLC. Class held at Wardlow Park.

23745	4-10Yrs	12/5-1/2	3:45-4:30PM	Tu	\$60
23746	4-10Yrs	1/9-1/30	3:45-4:30PM	Tu	\$60
23747	4-10Yrs	2/6-2/27	3:45-4:30PM	Tu	\$60
23748	4-12Yrs	12/2-12/23	11:15AM-12:00PM	Sa	\$60
23749	4-12Yrs	1/6-1/27	11:15AM-12:00PM	Sa	\$60
23750	4-12Yrs	2/3-2/24	11:15AM-12:00PM	Sa	\$60

### GYMNASTICS- BEGINNING II/INTERMEDIATE

Boys and girls have fun learning all gymnastic events: floor exercises, uneven bars, vault and beam. This class will increase balance, coordination and strength that will benefit all the sports they will play. Intermediate prerequisite: ability to perform one arm cartwheels, round offs and standing back bends. This is combo beginning and intermediate group. Instructor: Aerial Butterflies LLC. Class held at Wardlow Park.

23751	6-17Yrs	12/5-1/2	4:30-5:30PM	Tu	\$65
23752	6-17Yrs	1/9-1/30	4:30-5:30PM	Tu	\$65
23753	6-17Yrs	2/6-2/27	4:30-5:30PM	Tu	\$65

### HORSE FUN NEW

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. No un-registered siblings allowed. Material Fee: \$20. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea. Instructor: Fun With Horses.

23970	13Yrs+	1/6-1/27	2-3PM	Sa	\$75
23971	13Yrs+	2/3-2/24	2-3PM	Sa	\$75

### ICE HOCKEY

Pre-requisite: 4 weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30PM or Sat 10:45-11:15AM. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. \*No class 11/23 & 11/25. Instructor: Ice Management LLC.

24011	7-18Yrs	11/16-12/14*	5:30-6:00 PM	Th	\$45
24012	7-18Yrs	11/18-12/16*	11:15-11:45AM	Sa	\$45
24013	7-18Yrs	1/4-1/25	5:30-6:00PM	Th	\$45
24014	7-18Yrs	1/13-1/27	11:15-11:45AM	Sa	\$34
24015	7-18Yrs	2/1-2/22	5:30-6:00PM	Th	\$45

### INDOOR VOLLEYBALL

Like volleyball? Trying to make your school team? Want to practice your setting? Want to get better or just play to have fun? Here is your chance! Learn the rules and improve your skills through drills and scrimmages. Walk in fee available. \*No class 12/24, 12/31, 2/4 & 2/18. Instructor: Phil Martin. Class held at Pan American Park.

24111	10-17Yrs	12/3-3/4*	4:30-6:00 PM	Su	\$40
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## Youth Classes continued

### JUJITSU

Self-defense for children. Students learn throws, locks, and holds and develop listening, coordination, and confidence. One on one instruction for beginners and advanced students. For more information please visit: [www.LakewoodBudoKai.com](http://www.LakewoodBudoKai.com). New students start first Monday or Wednesday of each month. Award-winning instructor with over 35 years in Long Beach. \*No class: 2/19. Instructor: James Kelt-on. Class held at Stearns Champions Park.

24067	6-12Yrs	12/4-12/20	5:30-6:30PM	M W F	\$45
24068	6-12Yrs	1/3-1/31	5:30-6:30PM	M W F	\$45
24069	6-12Yrs	2/5-2/28*	5:30-6:30PM	M W F	\$45

### MIXED MARTIAL ARTS-WHITE BELT

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$40. Instructor: Michael J. Rice. Class held at El Dorado Park West.

24217	6-17Yrs	12/7-1/5	6:00 -7:00PM	Th F	\$50
24218	6-17Yrs	1/4-1/26	6:00 -7:00PM	Th F	\$50
24219	6-17Yrs	2/1-2/23	6:00 -7:00 PM	Th F	\$50

### MIXED MARTIAL ARTS-UPPER BELT

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$40. Instructor: Michael J. Rice. Class held at El Dorado Park West.

24214	6-17Yrs	12/7-12/29	7:00 -8:00PM	Th F	\$50
24215	6-17Yrs	1/4-1/26	7:00 -8:00PM	Th F	\$50
24216	6-17Yrs	2/1-2/23	7:00 -8:00PM	Th F	\$50

### SHOTOKAN KARATE

Shotokan is a Japanese karate developed from various martial arts of "empty hand" fighting. Shotokan style begins with humility. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). Instructor: Antonio Silva. Class held at Bixby Park.

24255	7-17Yrs	12/1-12/30	6:00 -7:00PM	F Sa	\$40
24256	7-17Yrs	1/5-1/27	6:00 -7:00PM	F Sa	\$40
24257	7-17Yrs	2/2-2/24	6:00 -7:00PM	F Sa	\$40



### TRADITIONAL KARATE

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Beginners through advanced. Testing is done on an individual basis. Free uniform for first time students. Instructor: David Crockett. Class held at El Dorado Park West or Recreation Park.

23932	5-16Yrs	12/2-2/24	10:00 -11:00AM	Sa	\$125	EDW
23933	5-16Yrs	12/6-2/28	4:30-5:30PM	W	\$125	REC

# FREE YOUTH SPORTS LEAGUES

*Register beginning December 1, 2017 for leagues starting  
January 20, 2018 at Long Beach Parks.*

**Coed Basketball Age 5-8 · Boys Basketball Ages 9-14 · Girls Basketball Ages 9-14**



*Emphasis is placed on participation and skill development.  
9 week season schedule includes practices and 6 weeks of games.*

**Call (562) 570-1707 or visit [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach)  
and click under Youth Sports for more information**

**\$10 fee  
for uniform and  
team photo**



## Youth Classes continued

### SKATEBOARDING

Whether you are just learning or ready to learn advanced tricks, this class is right for you! Make new friends, advance your skills and most importantly have fun in our private skatepark! Requirements: a signed Skatedogs waiver form, a skateboard, elbow pads, knee pads and a helmet. \*No class 12/23 & 12/30. Instructor: Adam Cohen. Class held at Heartwell Park.

23927	5-13Yrs	12/2-1/13*	9:00 -10:30AM	Sa	\$125
23928	5-13Yrs	1/27-2/24	9:00 -10:30AM	Sa	\$125



### SOCCER 1- TECHNIQUES AND TEAMWORK

Players will learn dribbling, passing, receiving, shooting and more. Fun skill games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey. Instructor: Kidz Love Soccer. Class held at Good Neighbor Park or College Estates Park.

24130	5-6Yrs	1/26-3/16	3:45-4:30PM	F	\$113	GNP
24131	5-6Yrs	1/27-3/17	11:05-11:50AM	Sa	\$113	GNP
24132	5-6Yrs	1/27-3/17	11:15-12:00PM	Sa	\$113	CEP

### SOCCER 2- SKILLZ AND SCRIMMAGES

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. Shin guards are required. Each participant receives a soccer jersey. Instructor: Kidz Love Soccer. Class held at College Estates Park.

24133	7-10Yrs	1/27-3/17	12:00PM-12:45PM	Sa	\$113
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### RECREATION CLASS INSTRUCTORS WANTED!

**Have a small business that needs to grow, and a hobby or a skill you'd love to share?**

Long Beach Parks, Recreation & Marine needs talented instructors to teach recreation classes that meet the learning and recreational needs of Long Beach residents.

- You propose the class you wish to teach.
- We provide administrative support and a choice of locations.
- You watch your business grow with new opportunities to reach more customers.

Contact Jeff Grant 562.570.3117 or [Jeffrey.grant@longbeach.gov](mailto:Jeffrey.grant@longbeach.gov) to discuss the possibilities.



**COMING SPRING 2018:**  
**SIGN UP FOR**  
**OUR NEW**  
**TEEN ARCHERY LEAGUE**

**CALL THE SPORTS OFFICE FOR INFO**  
**(562) 570-1725**  
**OR VISIT: [WWW.TEAMSIDELINE.COM](http://WWW.TEAMSIDELINE.COM)**



## Long Beach Parks, Recreation and Marine

# After School Program Park Sites ages 5-12



### What is Your Child Doing After School?

Long Beach Parks, Recreation and Marine offers activities Monday through Friday in every neighborhood. Programs include games, arts and crafts, tournaments, cooking, homework help, movies, holiday celebrations and more. Visit: <http://www.longbeach.gov/park/recreation-programs/programs-and-classes/after-school-programs/> for program schedules and descriptions.

### Park Locations and Hours\*

#### Admiral Kidd Park

2125 Santa Fe Ave.  
570-1600  
M-F 3-6 p.m.

#### Bixby Park

130 Cherry Ave.  
570-1601  
M-F 3-6 p.m.

#### Chavez Park

401 Golden Ave.  
570-8890  
M-F 3-6 p.m.

#### Coolidge Park

352 Neece Avenue  
570-1618  
M-F 3-6 p.m.

#### Drake Park

951 Maine Avenue  
570-1625  
M-F 3-6 p.m.

#### Houghton Park

6301 Myrtle Ave.  
570-1640  
M-F 3-6 p.m.

#### M. L. King Jr. Park

1950 Lemon Ave.  
570-4405  
M-F 3-6 p.m.

#### McBride Park

1550 M.L.King Jr. Blvd.  
570-1605  
M-F 3-6 p.m.

#### Orizaba Park

2935 E. Spaulding  
570-1427  
M-F 3-6 p.m.  
Sa. 12-4 p.m.

#### Pan American Park

5157 Centralia St  
570-1660  
M-F 2:30-5:30 p.m.

#### Ramona Park

3301 E. 65th St.  
570-1665  
M-F 3-6 p.m.

#### Seaside Park

1401 Chestnut Ave  
572-5126  
M-F 3-5:30 (M-F)  
Sa & Su 11 a.m.-3 p.m.

#### Silverado Park

1545 W. 31st St  
570-1675  
M-F 3-6 p.m.

#### Somerset Park

1500 E. Carson  
570-8915  
M-F 3-6 p.m.

#### Stearns Champions Park

4520 E. 23rd St  
570-1685  
M-F 3-6 p.m.

#### Veterans Park

101 E. 28th St  
570-1695  
M-F 2:30-5:30 p.m.

#### Wardlow Park

3457 Stanbridge Ave  
570-1706  
M-F 3-6 p.m.

#### Whaley Park

5620 Atherton St  
570-1710  
M-F 2:30-5:30 p.m.

Open Saturday!

Open Sat & Sun!

\*Park locations and times are subject to change

# TEEN CLASSES

## ENRICHMENT

### DRIVER'S EDUCATION

California required course to obtain a driver's permit. Course is fun and interactive; includes parental involvement. Coursework can be completed at any time of day or night. DMV accepted completion certificates with successful completion. Driving not included. Instructor: All Good Driving School, Inc.

23670	14-18Yrs	12/1-12/31	\$40
23671	14-18Yrs	1/2-1/31	\$40
23672	14-18Yrs	2/1-2/28	\$40

## MUSIC

### GUITAR **NEW**

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5. Instructor: Daniel Howe. Class held at Whaley Park.

24000	8-17Yrs	1/10-2/7	6:30-7:30 PM	W	\$65
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## SPORTS

### B-BALLERS HOOP SCHOOL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. Class offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material Fee: \$20. \*Class on 12/17 runs from 5-7PM. Classes held at Wilson High School, 4400 E. 10th St., Long Beach.

23661	12-18Yrs	12/3-12/17	5:00-6:00 PM	Su	\$65
23662	12-18Yrs	1/7-1/28	5:00-6:00 PM	Su	\$65
23663	12-18Yrs	2/4-2/25	5:00-6:00 PM	Su	\$65

### B-BALLERS HOOP SCHOOL FOR GIRLS

Our Girl Coach and Coach Greg will teach B-Ballers Hoop School for girls. We will teach the fundamentals of basketball using drill sequences. We will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. Class offers intense, real-world guidance for those ready to skyrocket their game, and also adds fun for those who just love the game. Material Fee: \$20 due 1st day of class for shirts. \*Class on 12/17 runs from 3-5PM. Class held at Wilson High School, 4400 E. 10th St., Long Beach. Instructor: B-Ballers Hoop School.

23667	5-13Yrs	12/3-12/17	3:00-4:00 PM	Su	\$65
23668	5-13Yrs	1/7-1/28	3:00-4:00 PM	Su	\$65
23669	5-13Yrs	2/4-2/25	3:00-4:00 PM	Su	\$65

### GYMNASTICS - BEGINNING **NEW**

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach. Instructor: Wilson High School Gymnastics Coach.

24151	6-17Yrs	12/5-12/12	5:00-5:50 PM	Tu	\$24
24154	6-17Yrs	12/7-12/14	5:00-5:50 PM	Th	\$24
24155	6-17Yrs	1/4-1/25	5:00-5:50 PM	Th	\$48
24152	6-17Yrs	1/9-1/30	5:00-5:50 PM	Tu	\$48
24156	6-17Yrs	2/1-2/22	5:00-5:50 PM	Th	\$48
24153	6-17Yrs	2/6-2/27	5:00-5:50 PM	Tu	\$48

### GYMNASTICS - INTERMEDIATE **NEW**

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Ability to perform a cartwheel on both sides, a dive roll, round off, and back walkover. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach. Instructor: Wilson High School Gymnastics Coach.

24157	6-17Yrs	12/5-12/14	6:00-6:50 PM	Tu Th	\$42
24158	6-17Yrs	1/9-1/30	6:00-6:50 PM	Tu Th	\$84
24159	6-17Yrs	2/1-2/27	6:00-6:50 PM	Tu Th	\$84



**RECREATIONAL ACTIVITIES**  
**FITNESS CLASSES**  
**HOMEWORK ASSISTANCE**

**TOURNAMENTS**  
**VOLUNTEER OPPORTUNITIES**  
**MEET NEW FRIENDS**

**PARKS, RECREATION AND MARINE**  
**WWW.LBPARKS.ORG**

## Teen Classes continued

### **GYMNASTICS - ADVANCED NEW**

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Intermediate requirements plus back handspring and/or front handspring and/or round off back handspring. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach. Instructor: Wilson High School Gymnastics Coach.

24148	6-17Yrs	12/5-12/14	6:50-8:20 PM	Tu Th	\$60
24149	6-17Yrs	1/9-1/30	6:50-8:20 PM	Tu Th	\$120
24150	6-17Yrs	2/1-2/27	6:50-8:20 PM	Tu Th	\$120

### **HORSE FUN NEW**

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. No unregistered siblings allowed. Material Fee: \$20. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea. Instructor: Fun With Horses.

23970	13-99Yrs	1/6-1/27	2:00-3:00 PM	Sa	\$75
23971	13-99Yrs	2/3-2/24	2:00-3:00 PM	Sa	\$75

### **ICE HOCKEY NEW**

Prerequisite: 4 weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3:00-5:30PM or Sat 10:45-11:15AM. Dress warmly. Check in early. Preregistration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. \*No class 11/23 & 11/25. Instructor: Ice Management LLC.

24011	7-18Yrs	11/16-12/14*	5:30-6:00 PM	Th	\$45
24012	7-18Yrs	11/18-12/16*	11:15-11:45 AM	Sa	\$45
24013	7-18Yrs	1/4-1/25	5:30-6:00 PM	Th	\$45
24014	7-18Yrs	1/13-1/27	11:15-11:45 AM	Sa	\$34
24015	7-18Yrs	2/1-2/22	5:30-6:00 PM	Th	\$45



### **INDOOR VOLLEYBALL NEW**

Like volleyball? Trying to make your school team? Want to practice your setting? Want to get better or just play to have fun? Here is your chance! Learn the rules and improve your skills through drills and scrimmages. Walk in fee available. \*No class 12/24, 12/31, 2/4 & 2/18. Instructor: Phil Martin. Class held at Pan American Park.

24111	10-17Yrs	12/3-3/4*	4:30-6:00 PM	Su	\$40
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### **MIXED MARTIAL ARTS-WHITE BELT NEW**

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$40. Instructor: Michael J. Rice. Class held at El Dorado Park West.

24217	6-17Yrs	12/7-1/5	6:00-7:00 PM	Th F	\$50
24218	6-17Yrs	1/4-1/26	6:00-7:00 PM	Th F	\$50
24219	6-17Yrs	2/1-2/23	6:00-7:00 PM	Th F	\$50

### **MIXED MARTIAL ARTS-UPPER BELT NEW**

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$40. Instructor: Michael J. Rice. Class held at El Dorado Park West.

24214	6-17Yrs	12/7-12/29	7:00-8:00 PM	Th F	\$50
24215	6-17Yrs	1/4-1/26	7:00-8:00 PM	Th F	\$50
24216	6-17Yrs	2/1-2/23	7:00-8:00 PM	Th F	\$50

### **SHOTOKAN KARATE NEW**

Shotokan, a Japanese karate developed from various martial art of "empty hand" fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). Instructor: Antonio Silva. Class held at Bixby Park.

24255	7-17Yrs	12/1-12/30	6:00-7:00 PM	F Sa	\$40
24256	7-17Yrs	1/5-1/27	6:00-7:00 PM	F Sa	\$40
24257	7-17Yrs	2/2-2/24	6:00-7:00 PM	F Sa	\$40

### **TRADITIONAL KARATE NEW**

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Beginners through advanced. Testing is done on an individual basis. Free uniform for first time students. Instructor: David Crockett. Class held at El Dorado Park West or Recreation Park.

23932	5-16Yrs	12/2-2/24	10:00-11:00 AM	Sa	\$125	EDW
23933	5-16Yrs	12/6-2/28	4:30-5:30 PM	W	\$125	REC



# ADULT CLASSES

## ADAPTIVE RECREATION

### STEP OUT AND SOCIALIZE

Teens and adults with high functioning disabilities can get out in the community and have fun while socializing with peers. Members must be verbal, follow simple directions and stay with a group. Be advised that music may be played during activities and participants need to be capable of engaging in activities. After the first meeting at the park the instructor will indicate where members are to meet for future destinations. Any questions or concerns, please do not hesitate to contact the instructor. \*No class: 12/16, 12/23, 12/30, 1/6, 1/13 & 1/27. Instructor: Kristin Abadjian. Class held at Stearns Champion Park.

23744	14-25Yrs	12/9-2/3*	1:00-4:00PM	Sa	\$90
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## ART AND CULTURAL

### AMAZING ART

Acrylic painting. Never painted before? Bring an 8x10 color picture and an 8x10 black & white paper copy of the same picture that you would like to paint. Learn painting and art techniques. Surprise yourself! Please no portraits or abstract pictures for beginners. Advanced artists are welcome too. All materials furnished by instructor. Material fee: \$20. Instructor: Mary Crowder. Class held at Heartwell Park.

23938	10Yrs+	1/4-1/25	7:00-9:00PM	Th	\$45
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23939	10Yrs+	2/1-2/22	7:00-9:00PM	Th	\$45
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### ARTIST WALK IN

Come join other artists. All medias welcomed. Bring your own art supplies. Share tips with other artists. Fun, enthusiasm, and encouragement. Room has excellent light. Fee per person, per class. Instructor: Mary Crowder. Class held at Heartwell Park or College Estates Park.

23940	10Yrs+	1/4-1/25	7:00-9:30PM	Th	\$5	HTW
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23941	10Yrs+	2/1-2/22	7:00-9:00PM	Th	\$5	HTW
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23942	10Yrs+	1/2-1/30	10:00 AM-1:00PM	Tu	\$5	CEP
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23943	10Yrs+	2/6-2/27	10:00AM-1:00PM	Tu	\$5	CEP
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### BEGINNING DIGITAL PHOTOGRAPHY

A great class for owners of digital cameras with adjustable aperture and shutter. Learn about focusing, exposure, white balance, ISO, and lenses to make better photographs of your favorite subjects. Learn about mega pixels, memory cards, jpeg and raw files. Bring camera and owner's manual. Saturday Field Session 2/3 from 9:30 to 11:30AM. Material Fee \$5. Instructor: Craig Fucile. Class held at El Dorado Park West.

23963	16Yrs+	1/8-2/12	7:00-9:00PM	M	\$65
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### BEGINNING SEWING - THE APRON

Make an apron and optional potholder, learn skills such as machine use and maintenance, cutting, following pattern instructions and basic sewing techniques. Learn about textiles, sewing tools and equipment. Class fee includes the pattern and use of sewing machine. No prior sewing experience needed. Please visit [www.sewvacitd.com](http://www.sewvacitd.com) for supply list. Students 16-17 years old must be accompanied by an enrolled adult. \*No class: 1/19. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Limited.

24246	16Yrs+	12/4-12/18	6:30-9:00PM	M W	\$55
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24250	16Yrs+	1/5-2/9*	2:00-4:30PM	F	\$55
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### BEGINNING SEWING - THE TOTE BAG

Make a roomy zippered tote bag with lots of pockets while learning sewing skills such as rotary cutting, using a sewing machine, zipper insertion, seam finishing and pressing. Fee includes pattern and use of a sewing machine. Please visit [www.sewvacitd.com](http://www.sewvacitd.com) for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Limited.

24247	18Yrs+	1/8-1/24	6:00-9:00PM	M W	\$69
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### BEYOND BEGINNING SEWING - THE TOP OR BOTTOM

This class is designed for students with basic sewing skills and experience following a pattern. Students will make a tunic top, unisex adult or children's pajama bottoms, skirt or kimono robe while learning additional skills such as inserting sleeves, seam finishing and attaching facings. Fee includes pattern and use of sewing machine. Please visit [www.sewvacitd.com](http://www.sewvacitd.com) for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Limited.

24248	18Yrs+	12/1-12/15	1:30-4:30PM	F	\$45
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### CERAMICS WORKSHOP

Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Material fee: \$25. Instructor: Anita Sinclair. Class held at Bixby Park.

24258	18Yrs+	1/7-2/25	12:30-3:30PM	Su	\$50
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24259	18Yrs+	1/8-2/26	9:00AM-12:00PM	M	\$50
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24260	18Yrs+	1/10-2/28	6:00-9:00PM	W	\$50
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### DRAWING FUNDAMENTALS

Yes. You CAN learn to draw. It is a skill that everyone can learn with practice. In this course you will learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more. Instructor: Anita Sinclair. Class held at Bixby Park.

24261	18Yrs+	1/8-2/26	12:30-3:30PM	M	\$50
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## Adult Classes continued

### FAST QUILT

Winter is here. A perfect time to learn how to quilt using your sewing machine. Come make new friends and learn how to quilt. Material list at first meeting. Must bring your own sewing machine to class. Instructor: Sandra Szladek. Class held at Wardlow Park.

24267 16Yrs+ 9/13-10/18 6:30-9:00PM W \$39



### KNITTING AND CROCHET - BEGINNING AND BEYOND

Beginning or beyond, simple or spectacular. Learn or continue to knit or crochet in a welcoming and relaxed atmosphere. You will be delighted and inspired by all of the options waiting for you in the world of yarn. You can choose to advance current skills to take your knitting/crochet to the next level. Material fee: \$20-\$30. Class held at Alamitos Bay Yarn Company, 174 Marina Dr., Long Beach. Instructor: Sandra Carter.

23915 18Yrs+ 12/5-12/26 6:00-7:30PM Tu \$55

23916 18Yrs+ 1/9-1/30 6:00PM-7:30PM Tu \$55

### NUTS AND BOLTS OF QUILTING

Learn to quilt (or improve your quilting skills) by making a wall hanging or table runner. The skills you will learn include: rotary cutting, piecing, sandwiching and binding a quilt, and elementary machine quilting which will provide the foundation for all types of quilting. No prior sewing experience is required. Fee includes instructions and use of a sewing machine. \*No class on 2/6. Class is substituted on 2/7. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Limited.

24249 18Yrs+ 1/9-2/13\* 6:00-9:00PM Tu \$69

### OIL PAINTING

Representational oil painting from observation. All skill levels welcome. We will focus on techniques, skill building, color mixing, composition and conceptual skills. Instructor: Anita Sinclair. Class held at Bixby Park.

24262 18Yrs+ 1/7-2/25 9:00AM-12:00PM Su \$50

### PORTRAIT WORKSHOP

Come draw or paint live models with our national award winning artist instructor. Beginners through advanced students are welcome. Bring medium of choice: pencil, charcoal, pastel, oil or watercolor. Simple easels and drawing horses are provided. Demos and one-on-one instruction are provided. Model fee: \$5 each class. Also a one

time \$5 material fee payable to instructor at the first day of class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Additional parking in Super Media parking lot (Katella & Civic Center Dr.). \*No class 2/17. Instructor: Ying Liu.

24086 16Yrs+ 1/13-3/10\* 9:00AM-12:00PM Sa \$80

### SEWING - TRY IT, YOU'LL LIKE IT

If you have always wanted to try your hand at sewing, but are not sure if it's for you, this class is just the ticket. We will provide almost everything you need to make a mug rug (including instruction, colorful fabric, thread, sewing machines and irons). Please visit [www.sewvac ltd.com](http://www.sewvac ltd.com) for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Limited.

24251 18Yrs+ 1/6-1/6 1:00-4:00PM Sa \$40

### SEWING MACHINE BOOT CAMP **NEW**

Do you have a sewing machine you don't know how to use or are afraid to use? Learn how to use and maintain it and find out what all the knobs, buttons and accessories do. Please visit: [www.sewvac ltd.com](http://www.sewvac ltd.com) to download the supply list. No toy machines or sergers. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. Instructor: Sew Vac Limited.

24321 18Yrs+ 2/9 1:30-4:30 PM Sa \$30

24322 18Yrs+ 1/25 6:00-9:00 PM Th \$30

24323 8Yrs+ 2/3 1:30-4:30 PM Sa \$30

## Hundreds of classes available online

### ed2go Online Classes

at [www.lbparks.org](http://www.lbparks.org)

### Classes Start Monthly

December

• 24300

January

• 24301

February

• 24302



### ed2go topics include:

Computer skills for the workplace

Creating Webpages

Guiding Kids on the Internet

Microsoft Word, Excel, QuickBooks

Teaching with a Smart board

Speed Spanish Online

**\$82 per class**

Enroll online at [lbparks.org](http://lbparks.org) • 562-570-3148

## Adult Classes continued

### STAINED GLASS

Learn lead and copper foil methods to make beautiful stained glass windows or bring your unfinished projects for help. Must furnish own tools and supplies (approx. \$175). List will be given at first class. Continuing students are encouraged to attend. Instructor: Jack Voas. Class held at Whaley Park.

24285 16Yrs+ 1/11-3/1 7:00-9:00PM Th \$45

### TRANSFORMING YOUR PHOTO INTO A BEAUTIFUL PAINTING

Have you ever wanted to create a nice painting from your photos - from a trip or of your family/friends? Students will observe and participate in the complete process of creating a painting from photos. The instructor will demonstrate how a painting is developed in oil primarily, but also in watercolor or pastel. Bring your own painting gear and materials, including your favorite photos and enjoy your creativity. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Additional parking in Super Media parking lot (Katella & Civic Center Dr.). \*No class 2/14. Instructor: Ying Liu.

24087 16Yrs+ 1/17-2/21\* 6:30-9:30PM W \$86

## COMPUTERS

### IPHONES, IPADS, I'M LOST

There is so much more to do with an iPhone and iPad besides making phone calls. Learn how to add apps, access hidden features, use the camera, check your backups and more. This class is for Apple models only. Workbook material fee: \$20. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Robert Cohen.

23929 18Yrs+ 1/16-1/16 6:30-9:30PM Tu \$42

### IPHONES, IPADS, iCloud - BEYOND THE BASICS

Go beyond basic functions and learn how to manage settings and your iCloud account for syncing contacts, calendars, notes and storing photos. Material fee: \$20. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Robert Cohen.

23930 18Yrs+ 1/30-1/30 6:30-9:30PM Tu \$42

### SOCIAL NETWORKING FOR BEGINNERS

This workshop is designed to give you an understanding of the popular social network sites, how each one differs and how to use to the best advantage. We'll cover privacy, sharing, what a "friend" is, how to follow, share, like and more. Workbook material fee: \$20. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Instructor: Robert Cohen.

23931 18Yrs+ 2/13-2/13 6:30-9:30PM Tu \$42

## DANCE

### 2 STEP AND SWING

Grab your boots and come learn the latest country dance patterns. You'll also swing in this class. No partner or experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood. Instructor: Janet Karter.

23635 18Yrs+ 1/3-2/7 7:00-8:00PM W \$34

23636 18Yrs+ 2/14-3/21 7:00-8:00PM W \$34

### ADULT HIP HOP

A fast paced class to get dancers on their feet and groovin'! Students will learn street style dance and a funky hip hop routine. Always fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class. For more information visit: [www.an-nepennypackerdance.com](http://www.an-nepennypackerdance.com). Class held at Marina Community Center, 151 Marina Dr. Seal Beach. Instructor: Anne Pennypacker.

24160 18Yrs+ 1/10-2/7 6:30-7:15PM W \$67

24161 18Yrs+ 2/21-3/21 6:30-7:15PM W \$67

### ALMOST BALLET

Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Please bring a mat and wear ballet slippers or socks. Fee per person, per class. Instructor: Mildred Caudillo. Class held at El Dorado Park West.

23917 18Yrs+ 12/1-12/29 10:00-11:15AM F \$10

23918 18Yrs+ 1/5-1/26 10:00-11:15AM F \$10

23919 18Yrs+ 2/2-2/23 10:00-11:15AM F \$10

### ARGENTINE TANGO

Friendly and patient instruction awaits for this beginner class. 8-count basic, ochos (forward/back), turns and walks. Partner is recommended. Fee per person, per class. Instructor: Mildred Caudillo. Class held at Wardlow Park.

23920 18Yrs+ 12/1-12/29 6:45-8:30PM F \$10

23921 18Yrs+ 1/5-1/26 6:45-8:30PM F \$10

23922 18Yrs+ 2/2-2/23 6:45-8:30PM F \$10

### BEGINNING TAP WITH PAT

A fun way to build coordination and rhythm. Also a good way to relieve stress while staying in shape. A short routine will be taught along with the basics. \*No class: 12/21 & 12/28. Class held at Recreation Park. Instructor: Pat Dolezal.

24309 18Yrs+ 12/7-1/18\* 6:30-7:15PM Th \$42

24310 18Yrs+ 2/1-3/1 6:30-7:15PM Th \$42

### CONTINUING TAP WITH PAT

This class goes beyond the basics and is for those who have some experience with tap. You will learn challenging new steps and combinations. \*No class: 12/21 & 12/28. Class held at Recreation Park. Instructor: Pat Dolezal.

24311 18Yrs+ 12/7-1/18\* 7:15 PM-8:00PM Th \$42

24312 18Yrs+ 2/1-3/1 7:15 PM-8:00PM Th \$42

### BELLY DANCE

A fun, fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. The beginning class meets at 6:15PM, intermediate meets at 7:30PM and advanced meets at 8:45PM. \*No class 12/25, 1/1 & 1/8. Instructor: Fahtiem Fahtiem. Class held at Wardlow Park.

23953 14Yrs+ 12/4-1/22\* 6:15-7:15PM M \$39

23955 14Yrs+ 12/4-1/22 7:30-8:30PM M \$39

23957 14Yrs+ 12/4-1/22 8:45-9:45PM M \$39

23954 14Yrs+ 1/29-2/26 6:15-7:15PM M \$39

23956 14Yrs+ 1/29-2/26 7:30-8:30PM M \$39

23958 14Yrs+ 1/29-2/26 8:45-9:45PM M \$39



## Adult Classes continued

### BELLY DANCE

Beginners (7 to 8PM) "I never knew my body could move this way!" With just a little practice, you also can do Shakira-like movements. Come to class and learn step combinations, muscle isolations, strengthening exercises and working with a veil. Intermediate/Advanced (8-9PM) If you need more belly dance, come to the intermediate class! We cover more complex moves, rhythms and finger cymbals. Choreography and improvisation will be used. Emphasis is on stage presence and performance. Wear workout clothing and soft shoes or socks. Beginning class takes place at 7PM and Advanced class at 8PM. Class held at the Fairfield YMCA, 4949 Atlantic Ave., Long Beach. Instructor: Taji.

24270	16Yrs+	1/2-1/30	7:00-8:00PM	Tu	\$39
24268	16Yrs+	1/2-1/30	8:00-9:00PM	Tu	\$39
24271	16Yrs+	2/13-3/13	7:00-8:00PM	Tu	\$39
24269	16Yrs+	2/13-3/13	8:00-9:00PM	Tu	\$39



### HULA BEGINNING

Aloha Mai. This is a beginning class, which will focus on hula basics, movement, and mele (Hawaiian poetry) from the era of King David Kalakaua to the present. Please bring a pencil & paper to the first class meeting. \*No class 12/26. Instructor: Hoku Bray. Class held at Stearns Champion Park.

23881	16-65Yrs	12/5-1/16	7:15-8:15PM	Tu	\$65
23882	16-65Yrs	1/23-2/27	7:15-8:15PM	Tu	\$65

### LINE DANCING

This class is sure to bring out the country in you. Come and meet new people. No partner or experience needed. Line dancing is fun to do at parties. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood. Instructor: Janet Karter.

23637	18Yrs+	1/3-2/7	6:00-7:00PM	W	\$34
23638	18Yrs+	2/14-3/21	6:00-7:00PM	W	\$34

## DOG TRAINING

### BEGINNING DOG OBEDIENCE

Help your dog develop respect for you and become a reliable, well-mannered member of your family without the use of food in your training. All breeds, 5 months and older (large breeds 4 months), may enroll. AKC Novice obedience exercises and behavior problem solving. Trophies and certificates awarded at graduation. First meeting without dogs. Bring shot records and lawn chair. For more information please visit: [www.dogclassinfo.com](http://www.dogclassinfo.com) or (714) 532-3647. Material fee: \$10. Instructor: Dog Services Unlimited. Class held at El Dorado Park West Hockey Court on Thursdays and at San Martin Park, 5231 Ocana Ave., Lakewood on Tuesdays.

23947	10Yrs+	1/11-2/22	7:45-8:45PM	Th	\$98
23948	10Yrs+	2/6-3/20	7:30-8:30PM	Tu	\$98

### DOG BEHAVIOR TRAINING 101 POSITIVE REINFORCEMENT

Help your dog become a well behaved member of your family without the use of fear or intimidation (no choke chains or prong collars). Learn how to strategically use a variety of real life rewards and consequences, as well as how to decrease rewards as behaviors are learned. This class will cover foundation behaviors, basic commands used in real life, and more! For dogs 4 months and older with current vaccines. Material fee: \$10. For more information: (714) 821-6622 or [crossroadspetresort.com](http://crossroadspetresort.com). Instructor: Crossroads Country Club Pet Resort. Class held at Marina Vista Park.

23934	15Yrs+	1/13-2/10	9:30-10:30AM	Sa	\$95
23935	15Yrs+	2/24-3/24	9:30-10:30AM	Sa	\$95

### DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT

Continue to enhance your relationship with your dog by building on the foundation behaviors you learned in our 101 class. Practice more advanced real life commands with added distance, duration, distractions and more! Vaccines must be current. Material fee: \$10. For more information: (714) 821-6622 or [crossroadspetresort.com](http://crossroadspetresort.com). Instructor: Crossroads Country Club Pet Resort. Class held at Marina Vista Park.

23936	15Yrs+	1/13-2/10	10:30-11:30AM	Sa	\$95
23937	15Yrs+	2/24-3/24	10:30-11:30AM	Sa	\$95



## Adult Classes continued

### DOG FRISBEE FUN

In this one day workshop your dog can start learning the fun sport of Disc-Dog Toss-N-Fetch. The instructor will teach proper Frisbee throwing techniques, safety and an introduction to some fun stunts, including spins and weaving through your legs. Dogs must be 5 months or older. Please bring your vaccination records. Preregistration mandatory. For more information please visit: [www.dogclassinfo.com](http://www.dogclassinfo.com) or call (714) 532-3647. Material fee: \$5 payable at class (includes a frisbee). Instructor: Dog Services Unlimited. Class held at El Dorado Park West.

23949	12Yrs+	2/11-2/11	3:00-4:30PM	Su	\$28
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### DOG MANNERS - "CRASH COURSE"

Accomplish your dog training goals and correct behavior problems in just four 75 minute lessons. Commands include: sit and down, stay with distractions, come when called and controlled walking on a leash. For all breeds 5 months and older. Dogs attend all meetings. Preregistration is required. Bring shot records. For more information please visit: [www.dogclassinfo.com](http://www.dogclassinfo.com) or call (714) 532-3647. Insurance material fee: \$15. Instructor: Dog Services Unlimited. Class held at El Dorado Park West Hockey Court on Saturdays and at Laurel Park at Katella and Bloomfield in Los Alamitos on Thursdays.

23950	10Yrs+	1/27-2/17	1:00-2:15PM	Sa	\$86
23951	10Yrs+	2/15-3/8	6:00-7:15PM	Th	\$86

### PUPPY KINDERGARTEN

Start you new puppy out on the right paw! Pups ages 2-5 months will learn socialization and basic commands (sit, stay, come, and walk nicely on a leash). Includes help with puppy behavior problems (chewing/teething, housebreaking, jumping, etc.). First meeting without puppies. Bring current shot records. For more information please visit: [www.dogclassinfo.com](http://www.dogclassinfo.com). Material fee: \$10. Instructor: Dog Services Unlimited. Class held at El Dorado Park West Hockey Court.

23952	10Yrs+	1/27-3/3	12:00-1:00PM	Sa	\$88
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## ENRICHMENT

### BUILD YOUR OWN 72 HOUR SURVIVAL BACKPACK

First responders recommend everyone have at least 72 hours of emergency supplies. In this class you will assemble your own Emergency Backpack, learn what is in your pack, and how to use the contents. Discussion will also include preparedness tips, creating a family communication plan, and building a commuter plan. Material Fee \$89. Class held at Los Alamitos Community Center, 10911 Oak Street, Los Alamitos. Instructor: Jennifer Stewart-Tai.

24265	18Yrs+	1/22-1/22	6:00-8:00PM	M	\$100
24266	18Yrs+	2/12-2/12	6:00-8:00PM	M	\$100

### FASHION MAKEUP - A TWO PART SERIES

Part One: "Creating the Classic Face" designed for beginners. Learn the fundamentals of fashion makeup while creating the "Classic Face", a makeup style for every day. Learn how to apply foundation, eye shadows, eyeliners, mascara, powder, blush, and more. Part Two: "Creating the Glamorous Face" Learn how to transform the "Classic Face" into the "Glamorous Face" for those special events. Techniques taught include; Smokey Eyes, Highlighting, Contouring, and more. All products and supplies included for both parts of this series. For questions, contact instructor: [rbnimis@yahoo.com](mailto:rbnimis@yahoo.com). \*No class: 1/15 & 2/19. Instructor: Rodolfo Nimis. Class held at Heartwell Park.

24138	16Yrs+	12/4-12/11	6:30-8:30PM	M	\$66
24139	16Yrs+	1/8-1/22*	6:30-8:30PM	M	\$66
24140	16Yrs+	1/29-2/5	6:30-8:30PM	M	\$66

## "I'm going to clean out the garage this year."

Thinking about selling on Ebay?  
Want to make some extra money?  
Sign up for the class below!

### HOW TO SELL ON EBAY

Everyone has lots of stuff in their closets, drawers, garages and paying for storage space. Make money - clear out your stuff. Learn how to Sell on eBay including opening a seller account, write descriptions, competitive pricing, seller rating, best shipping to save you and your customer money, PayPal account set up and record keeping. Instructor: Frances Greenspan. Class held at El Dorado Park West.

23989	18Yrs+	2/20-2/27	6:30-8:30PM	Tu	\$65
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### INTRO TO IMPROV COMEDY

Fun, fast-paced workshop focuses on characterization and spontaneity through improvised scenes and games. Emphasis on a creative, supportive environment, making strong choices and increasing confidence. Class held at the Expo Arts Center, 4321 Atlantic Blvd., Long Beach. Instructor: Darren Held.

24210	18Yrs+	1/4-2/22	7:00-9:15PM	Th	\$195
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## FITNESS

### 40-30-20 INTERVAL TRAINING

A new body, a new you! Lose fat while increasing your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun, challenging, and never boring. Become Lean, Agile, Strong, Toned during 40, 30, and 20 second Tabata Bootcamp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. Walk-in fee available. Instructor: Tami Santy. Class held at Recreation Park.

24228	16Yrs+	12/4-12/18	6:00-6:45PM	M	\$33
24229	16Yrs+	1/8-1/29	6:00-6:45PM	M	\$44
24239	16Yrs+	2/5-2/26	6:00-6:45PM	M	\$44

### AEROBICS LITE

Great for starters! Great if you're getting back into exercise! Music has a slower tempo and aerobic moves are easy to follow. Bring a mat, light hand weights (1-5 lbs) and water. Walk in fee available. \*No class: 12/25. Instructor: Tracey Wiltse. Class held at Recreation Park.

24286	18-85Yrs	12/1-12/29*	8:30-9:30AM	M W F	\$35
24287	18-85Yrs	1/3-1/31	8:30-9:30AM	M W F	\$35
24288	18-85Yrs	2/2-2/28	8:30-9:30AM	M W F	\$35



Long Beach Water  
LAWN-TO-GARDEN PROGRAM

# NEW L2G PERKS ADDED!



Learn more about our drip irrigation incentive. Replace your grass with a beautiful, climate-appropriate garden!

VISIT [LBLAWNTOGARDEN.COM](http://LBLAWNTOGARDEN.COM)



## Make Compost, Not Trash.

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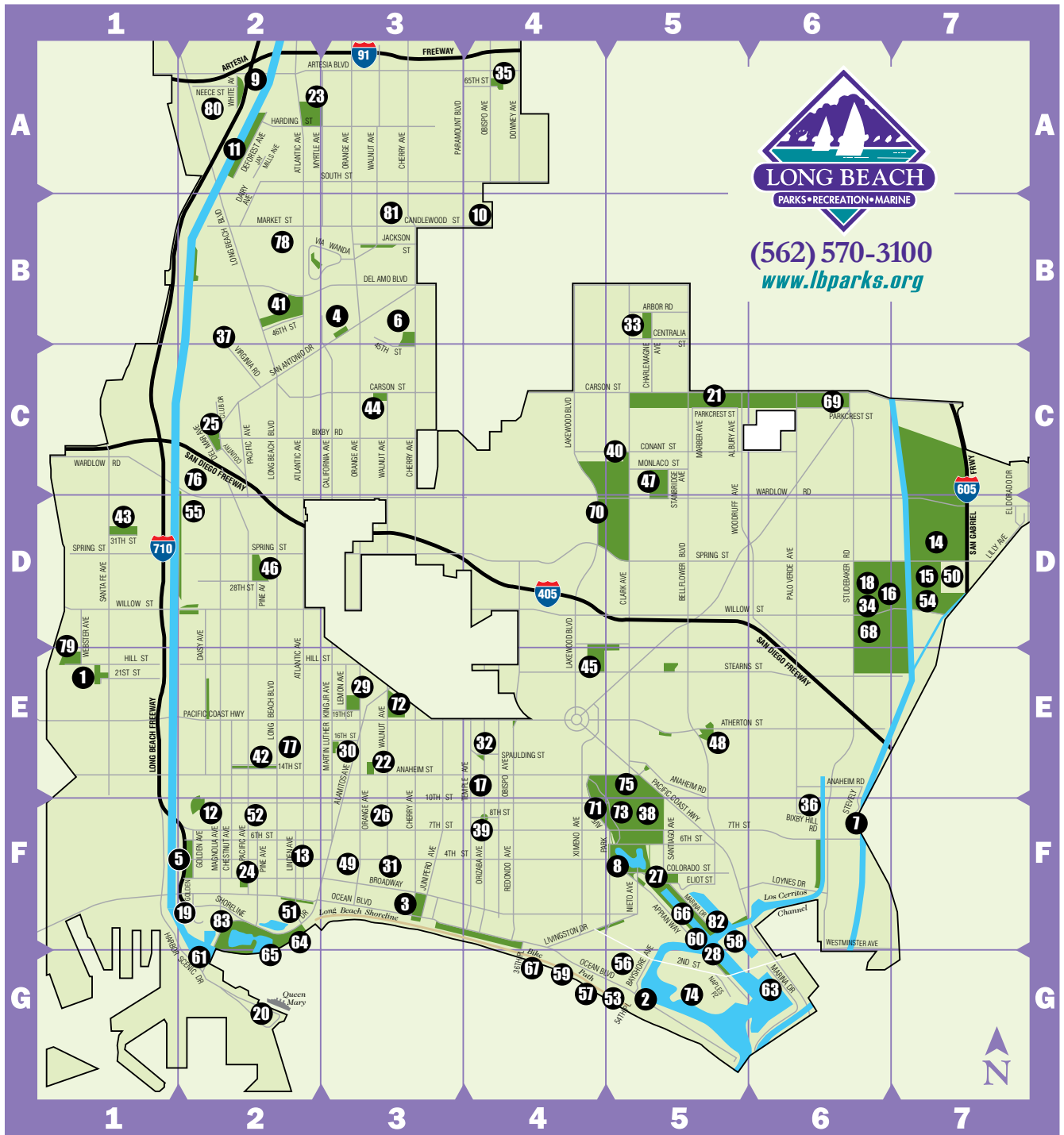
FREE Compost Workshops  
3rd Saturday of Each Month

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Learn More & Sign Up:  
[www.longbeach-recycles.org](http://www.longbeach-recycles.org)

CITY OF  
**LONG BEACH**





Long Beach Parks, Recreation and Marine offers classes and activities at many of these convenient locations!

**AMENITIES:** 1 - BALLFIELD; 2 - BASKETBALL; 3 - TENNIS; 4 - VOLLEYBALL; 5 - CENTER; 6 - PLAYGROUND; 7 - PICNIC AREA; 8 - POOL; 9 - SKATE PARK; 10 - GYM; 11 - ROLLER HOCKEY; 12 - DOG FACILITY; 13 - COMMUNITY GARDENS; L - LIGHTED; LK - LAKE; R - RESERVABLE COMMUNITY CENTER

#### PARK FACILITIES

1 E1 Admiral Kidd, 2125 Santa Fe Ave., 570-1600 - 12.88 acres	1L, 2L, 5R, 6, 7	5 F2 Cesar E. Chavez, 401 Golden Ave., 570-8890 - 33.21 acres	2L, 5, 6, 7
76 C2 Baker Street, 625 Baker St., 570-3100 - 1.5 acres	6, 7	6 B3 Cherry, 1901 E. 45th St., 570-1615 - 10.19 acres	1L, 2L, 3L, 5, 6, 7, 11C
2 G5 Bayshore, 5415 E. Ocean Blvd. - 1.21 acres	2, 4, 6, 7, 11	7 F6 College Estates, 808 Stevely Ave., 570-1617 - 2.31 acres	2, 3, 4, 5R, 6, 7
3 F3 Bixby, 130 Cherry Ave., 570-1601 - 17.84 acres	4, 5R, 6, 7, 9	8 F5 Colorado Lagoon, 5119 E. Colorado St. - 27.50 acres	6, 7
4 B3 Bixby Knolls, 1000 San Antonio Dr., 570-1604 - 3.93 acres	4, 5, 6, 7	9 A2 Coolidge, 352, E. Neece St., 570-1618 - 6.09 acres	1L

24 SIGN UP FOR LINKLB AT [WWW.LONGBEACH.GOV/LINKLB](http://WWW.LONGBEACH.GOV/LINKLB)

## PARK FACILITIES (continued)

26	F3	Craftsman Village Park, 850 Orange Ave., 570-3100- .34 acre	6,7
10	B4	Davenport (Ed "Pops"), 2910 E. 55th Way - 11.64 acres	2, 6, 7
11	A2	DeForest, 6255 DeForest Ave., 570-1620 - 16.01 acres	1L, 2L, 3L, 4L, 5, 6, 7
12	F2	Drake, 951 Maine Ave., 570-1625 - 6.61 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9
13	F2	East Village Arts, 150 Elm Ave. - .09 acres	
14	D7	El Dorado Regional East, 7550 E. Spring St., 570-1771 - 389.49 acres	6, 7, 13, LK
15	D7	El Dorado Nature Center, 7550 E. Spring St., 570-1745 - 99.47 acres	5, 7, LK
16	D6	El Dorado West, 2800 Studebaker Rd., 570-3225	1L, 2L, 3L, 4, 5R, 6, 7, 9, 11, LK
77	E2	Fourteenth Street Park, 570-1608 2.01 acres	2,6,9
17	E4	Freeman Community Center, 1205 Freeman Ave., 570-8688	
18	D6	Good Neighbor, 2800 Studebaker Road, .90 acre	
19	F2	Golden Shore Marine Biological Reserve, Golden Shore Ave. - 9.27 acres	
78	B2	Grace Park, Plymouth St. and Elm Ave., 570-3100 - 1.19 acres	
20	G2	Harry Bridges Memorial at the Queen Mary, 1126 Queens Hwy. - 4.19 acres	7
21	C5	Heartwell, 5801 E. Parkcrest St., 570-1635 - 125.41 acres	1L, 2L, 5, 6, 7, 11, LK
22	E3	Homeland Cultural Center, 1321 Anaheim Street at Macarthur Park, 570-1655	
23	A2	Houghton, 6301 Myrtle Ave., 570-1640 - 26.35 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9
79	E1	Hudson Park, 2335 Webster Ave., 570-3100 - 13.18 acres	1,6,7
24	F2	Lincoln (Civic Center), Pacific Ave. & Broadway - 5.64 acres	7, 12
56	G5	Long Beach Community Resource Center, 5365 E. 2nd St.	
25	C2	Los Cerritos, 3750 Del Mar Ave. - 8.47 acres	3L, 6, 7
22	E3	MacArthur (General Douglas), 1321 Anaheim St., 570-1655 - 3.86 acres	1, 2L, 4, 5R, 6, 7
27	F5	Marina Vista, Colorado St. & Santiago Ave. - 18.20 acres	1, 3, 6, 7
28	G5	Marine (Mothers Beach), 5839 Appian Way - 9.31 acres	4, 6, 7
29	E3	Martin Luther King, Jr., 1950 Lemon Ave., 570-4405 - 9.0 acres	1L, 5R, 6, 7, 8
30	E3	McBride (Ernest S.), 1550 M.L.King, Jr. Ave., 570-1605 - 2.77 acres	2L, 5R, 6, 7, 10
31	F3	Miracle on 4th Street, 1518 E. 4th St. - .14 acres	7
32	E4	Orizaba, Orizaba Ave. & Spaulding St. - 3.99 acres	2, 5, 6, 7, 9
33	B5	Pan American, 5157 Centralia St., 570-1660 - 12.5 acres	1L, 2L, 4, 5, 6, 7, 10
34	D6	PR&M Admin (Parks, Recreation & Marine Administration), 2760 Studebaker Rd., 570-3100	
35	A4	Ramona, 3301 E. 65th St., 570-1665 - 7.21 acres	1L, 2L, 3L, 4, 5R, 6, 7
36	F6	Rancho Los Alamitos, 6400 Bixby Hill Rd., 431-3541 - 7.03 acres	7
37	B2	Rancho Los Cerritos, 4600 Virginia Rd., 206-2040 - 4.77 acres	7
38	F5	Recreation, 4900 E. 7th St., 570-1670 - 63.92 acres	1L, 3L, 5R, 4, 6, 7, 12
39	F4	Rose, 8th St. & Orizaba Ave. - .74 acres	7
40	C5	Rosie the Riveter, Clark Ave. & Conant St. - 3.28 acres	
41	B2	Scherer, 4600 Long Beach Blvd., 570-1674 - 25.22 acres	1, 2L, 3L, 4, 5, 6, 7, 12, LK
42	E2	Seaside, 14th St. at Chestnut, 2.34 acres	
43	D1	Silverado, 1545 W. 31st St., 570-1675 - 12.23 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9, 12, LK
44	C3	Somerset, 1500 E. Carson St., 570-1690 - 3.75 acres	2L, 3L, 4, 5, 6, 7
45	E4	Stearns Champions, 4520 E. 23rd St., 570-1685 - 22.14 acres	1L, 2L, 5R, 6, 7
46	D2	Veterans, 101 E. 28th St., 570-1695 - 14.32 acres	1L, 2L, 3L, 4, 5R, 6, 7
47	C5	Wardlow, 3457 Stanbridge Ave., 570-1706 - 15.81 acres	1, 2L, 4, 5R, 6, 7
48	E5	Whaley, 5620 Atherton St., 570-1710 - 13.47 acres	1L, 2L, 4, 5R, 6, 7, 11

## TEEN CENTERS

17	E4	Cesar E. Chavez Park Teen Center, 401 Golden Ave., 570-8890	
23	A2	Freeman Teen Center, 1205 Freeman Ave., 570-8688	
30	E3	Houghton Park Teen Center, 6301 Myrtle Ave., 570-1640	
43	D1	McBride Park Teen Center, 1550 M.L.King, Jr. Blvd., 570-1605	

## SENIOR CENTERS

30	E3	California Recreation Center (at McBride Park), 1550 M.L.King, Jr. Blvd., 570-1605	
16	D6	El Dorado Park West Community Center, 2800 Studebaker Rd., 570-3227	

23	A2	Houghton Park Community Center, 6301 Myrtle Ave., 570-1640	
49	F3	Long Beach Senior Center, 1150 E. 4th St., 570-3500	5R
43	D1	Silverado Park Community Center, 1545 West 31st St., 570-1675	
5	F2	Cesar E. Chavez, 401 Golden Ave., 570-8890	2L, 5, 6, 7

## DOG FACILITIES

50	D7	Animal Care Services, 7700 East Spring Street, 570-PETS	
80	A2	Coolidge Dog Park, 352 E. Neece St	
24	F2	Downtown Dog Park, at Lincoln Center, Pacific at Broadway	
54	D7	El Dorado Dog Park, 7500 E. Spring St	
81	B3	Jackson Street Dog Park, 1 Jackson St.	
52	F2	K-9 Corner Dog Park, 9th & Pacific Ave.	
39	F5	Recreation Dog Park, 4900 E. 7th St.	
53	G5	Rosie's Dog Beach, 1 S. Granada	
51	F2	Seaside Dog Zone Park, Seaside Way at Linden Ave	
41	B2	Uptown Dog Park, 4600 Long Beach Blvd.	
55	D2	Wrigley Heights Dog Park, 3401 Golden Ave.	

## AQUATIC AND BOATING FACILITIES / BEACHES

8	F5	Colorado Lagoon Wetland & Marine Sci. Ed. Center (Appian Way btw. Park & Colorado)	
82	F5	Dunster Reserve, Boathouse Lane and Los Cerritos Channel	
83	F2	Golden Shore Reserve, Golden Shore Ave South of Shoreline Dr.	
57	G4	Launch Ramp - Claremont Launch Ramp, 5300 E. Ocean Blvd.	
58	F5	Launch Ramp - Davies Launch Ramp, 6201 E. Second St.	
59	G4	Launch Ramp - Granada Launch Ramp, 1 S. Granada Ave.	
60	F5	Launch Ramp - Marine Stadium Launch Ramp, 5255 Pooli Way	
61	G2	Launch Ramp - South Shore Launch Ramp, 590 Queensway Dr.	
2	G5	Leeway Sailing & Aquatics Center, 5437 E. Ocean Blvd., 570-1719	
63	G6	Marina - Alamitos Bay Marina, 205 Marina Dr., 570-3215	
64	F2	Marina - Long Beach Shoreline Marina, 450 E. Shoreline Dr., 570-4950	
65	G2	Marina - Rainbow Marina, 200-B Aquarium Way, 570-8636	
66	F5	Marine Stadium, Appian Way (btw. 2nd St. & Colorado St.), 570-3215	
67	G4	Pool - Belmont Plaza Pool, 4000 Olympic Plaza, 570-1806	
29	E3	Pool - Martin Luther King, Jr. Park Pool, 1910 Lemon Ave., 570-1718	
43	D1	Pool - Silverado Park Pool, 1540 W. 32nd St., 570-1721	
8	F5	Model Boat Shop, 5119 E. Colorado St., 570-1720 (Summer Only)	
28	G5	Mothers Beach, (Marina Park) 5839 Appian Way	5,7

## SPORTS FACILITIES

14	D7	Archery - El Dorado Archery Range, 7550 E. Spring St., 570-1771	
68	D6	Golf - El Dorado Golf Course, 2400 Studebaker Rd., 430-5411, 18-hole, par 72	
69	C6	Golf - Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1272 - 36.57 acres	5R
69	C6	Golf - Heartwell Park Golf Course, 6700 E. Carson St., 421-8855, 18-hole, par 54	
38	F5	Golf - Recreation Park Golf Course, 5000 E. Anaheim St., 494-5000, 18-hole, par 72	
38	F5	Golf - Recreation Park Golf Course, 5000 E. 7th St., 438-4012, 9-hole, par 31	
70	D4	Golf - Skylinks at Long Beach Golf Course, 4800 E. Wardlow Rd., 421-3388, 18-hole, par 72	
2	G5	Hockey Rink, 5415 E. Ocean Blvd., 570-1725	
71	F4	Lawn Bowling - Recreation Park Facility, E. 7th St. & Federation Dr., 597-7968, 714-969-5862	
72	E3	Sports Field - Chittick Field, 1900 Walnut Ave., 570-1717 - 19.14 acres	1L
75	E5	Sports Field - Joe Rodgers Softball Stadium, 10th St. & Park Ave., 570-1725	
76	F5	Tennis - Billie Jean King Tennis Center, 10th & Park Ave., 438-8509	
16	D6	Tennis - El Dorado Tennis Center, 2800 Studebaker Rd., 425-0553	
25	C2	Tennis - Los Cerritos Park Tennis Courts, 3750 Del Mar Ave.	
74	G5	Tennis - Naples Tennis Courts, Tivoli Drive between St. Irmo Way & 2nd St.	

## Adult Classes continued

### B.L.A.S.T. TOTAL BODY FITNESS

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong, Toned with the perfect combination of strength, cardio and agility/sports movements. Body-weight exercises and fitness toys make this class fun and effective. All levels welcome. Bring dumbbells, resistance tube and mat. Walk in fee available. Instructor: Tami Santy. Class held at El Dorado Park West.

24232	16Yrs+	12/5-12/19	6:00-7:00PM	Tu	\$33
24233	16Yrs+	1/2-1/30	6:00-7:00PM	Tu	\$55
24234	16Yrs+	2/6-2/27	6:00-7:00PM	Tu	\$44

### CSI - CARDIO SCULPT LOW-IMPACT AEROBICS

CSI-Low Impact Aerobics says it all with a bit of Zumba flavor! Increase cardio endurance, build core strength + balance with mat pilates, weights and bands. Interval format Wednesday. All fitness levels. Bring mat water and weights. Walk-in fee available. \*No class 12/25 & 2/15. Instructor: Marilyn Bodnar. Class held at El Dorado Park West.

23874	12Yrs+	12/4-12/27	5:30-6:30PM	M W	\$24
23875	12Yrs+	1/3-1/31	5:30-6:30PM	M W	\$24
23876	12Yrs+	2/5-2/28*	5:30-6:30PM	M W	\$24

### DYNAMIC HATHA YOGA FOR HEALTH AND WELLNESS

Dr. Arnette combines many styles of yoga for an enlivening and healing practice of yoga. His blend of ansana, breathing, meditation, vinyasa, knowledge, wisdom and insight creates a well-balanced and fun class! Come practice with us. Please bring an able body, mat, strap, blanket and blocks. Walk in fee available. Instructor: David Allen Arnette. Class held at Whaley Park.

23766	16Yrs+	12/7-12/21	6:00-7:30PM	Th	\$33
23767	16Yrs+	1/4-1/25	6:00-7:30PM	Th	\$44
23768	16Yrs+	2/1-2/22	6:00-7:30PM	Th	\$44

### FUNROBICS!

C'mon, start your day right! Experience fun exercise, adjustable for multiple fitness levels. We'll do some aerobics, kickboxing and zumba style dancing. We'll tone arms, strengthen abs/core and do luscious stretches. Bring a mat, lightweights, towel and water. Walk in fee available. Instructor: Tracey Wiltse. Class held at Recreation Park.

24292	18-85Yrs	12/5-12/28	8:00-9:00AM	Tu Th	\$30
24293	18-85Yrs	1/2-1/30	8:00-9:00AM	Tu Th	\$30
24294	18Yrs+	2/1-2/27	8:00-9:00AM	Tu Th	\$30

### FUSION PILATES CONDITIONING

A wonderful mix of mindful pilates, classical yoga and therapeutic stretching that makes this class unique. This class will focus on core stability, natural alignment and relieving tension. You will feel revitalized! Bring a mat and water. Walk in fee available. For more information please visit: [www.evelyngrauten.com](http://www.evelyngrauten.com). \*No class: 2/14 & 2/16. Instructor: Evelyn Grauten. Class held at Recreation Park.

23976	18Yrs+	12/6-12/22	10:00-11:00AM	W F	\$54
23977	18Yrs+	1/3-1/26	10:00-11:00AM	W F	\$64
23978	18Yrs+	1/31-3/2*	10:00-11:00AM	W F	\$64

### HATHA FLOW YOGA - USING A CHAIR AS A PROP

Yoga postures are made available to everyone when using a chair as a prop. A prop is a tool used in the yoga to create optimal body alignment, and make specific actions or poses accessible to those who may not otherwise be able to perform the posture due to physical limitations or fatigue. This approach to the modern practice of yoga offers the student a full practice without the effort of getting up and down from the floor. We stand, sit, lie, move, bend and twist in these practices. Chairs are provided. Please bring: yoga mat, blanket, eye cover, strap and blocks. Walk in fee is available. Instructor: David Allen Arnette. Class held at Whaley Park.

23772	16Yrs+	12/7-12/21	10:30AM-12:00PM	Th	\$33
23773	16Yrs+	1/4-1/25	10:30AM-12:00PM	Th	\$44
23774	16Yrs+	2/1-2/22	10:30AM-12:00PM	Th	\$44

**Exercise is the key**  
to core strength. Core stability enhances balance, posture and may help prevent injuries during sports and other activities. We offer a variety of yoga, pilates, tai-chi, aerobics, dance and fitness classes for all levels from beginner to advanced.

### KUNDALINI YOGA AND MEDITATION

Kundalini yoga and meditation is a process of self discovery. You will learn how to gain a strong immune system, vital glands, a strong nervous system and good circulation. It will guide your awareness of your mental patterns, emotions and feelings, your energy, heart and soul. Walk in fee available. Instructor: Seventh Chakra Yoga. Class held at El Dorado Nature Center.

24240	6Yrs+	12/3-12/17	11:00AM-12:30PM	Su	\$39
24241	6Yrs+	1/7-1/28	11:00AM-12:30PM	Su	\$52
24242	6Yrs+	2/4-2/25	11:00AM-12:30PM	Su	\$52

### PILATES

Not just your core. Pilate integrates movements that work your entire body. Build strength, endurance and flexibility. Classes consist of mixed levels. Exercises adapted for beginners to advanced. Fun and hard-work, Pilates is a time-tested discipline that delivers. \*No class 1/17 & 2/21. Instructor: Elizabeth Markley. Class held at Bixby Park.

24091	16Yrs+	1/10-2/7	6:00-7:00PM	W	\$50
24092	16Yrs+	2/14-3/14*	6:00-7:00PM	W	\$50

### PILATES BARRE FITNESS

This is a new, popular and very fun form of fitness. Enjoy a series of core, leg and arm strengthening exercises using various Pilates equipment, provided by instructor, including a portable balance barre. Walk-in fee available. Instructor is STOTT Pilates certified. For more information visit: [www.evelyngrauten.com](http://www.evelyngrauten.com). \*No class 2/14. Instructor: Evelyn Grauten. Class held at Recreation Park.

23982	18Yrs+	12/6-12/20	11:00AM-12:10PM	W	\$30
23983	18Yrs+	1/3-1/24	11:00AM-12:10PM	W	\$40
23984	18Yrs+	1/31-2/28*	11:00 AM-12:10PM	W	\$40



## Adult Classes continued

### PILATES ON THE BALL

A tough class, not for beginners. Take your strength, stamina and flexibility to new levels. Previous experience is helpful but not essential. Bring inflated, size appropriate, balance ball, mat, strap and a sense of humor. \*No class 1/15 and 2/19. Instructor: Elizabeth Markley. Class held at Bixby Park.

24094 16Yrs+ 1/8-2/5\* 6:30-7:30PM M \$50

24095 16Yrs+ 2/12-3/12\* 6:30-7:30PM M \$50

### POWER BARRE

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace builds muscle. This method is influenced by classical dance, but is not a dance class. Please visit the website: [www.jgparks martial arts.com](http://www.jgparks martial arts.com). Class held at the U.S. Taekwondo Academy 12233 Centralia, Lakewood. Instructor: Cynthia Markopulos.

24098 13Yrs+ 12/4-12/28 7:00-7:50PM M Th \$65

24099 13Yrs+ 1/4-1/29 7:00-7:50PM M Th \$65

24100 13Yrs+ 2/1-2/26 7:00-7:50PM M Th \$65

### POWER TAE FITNESS

Power Tae Fitness, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, aerobics, boxing and cardio-weight movements done to high energy up beat music. If you like Tae Bo you'll love this class. Please visit the website: [www.jgparks martial arts.com](http://www.jgparks martial arts.com). Class held at the U.S. Taekwondo Academy, 12233 Centralia, Lakewood. Instructor: Cynthia Markopulos.

24101 13Yrs+ 12/2-12/26 7:00-8:00PM Tu Sa \$65

24110 13Yrs+ 1/2-1/27 7:00-8:00PM Tu Sa \$65

24103 13Yrs+ 2/3-2/27 7:00-7:50PM Tu Sa \$65

### TAI CHI-QIGONG

A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. It also helps enhance balance and memory. Instructor: Howard Richner. Class held at Recreation Park.

24220 18Yrs+ 1/9-2/20 7:00-8:30PM Tu \$56

### TAI CHI/CHI KUNG

Discover and activate your internal energy (chi) through soft flowing movements, meditation, breathing, posture and mind intent. Reduce stress, tone muscles, improve flexibility, increase energy and develop a greater sense of well-being. Instructor: Howard Richner. Class held at Bixby Park.

24221 18Yrs+ 1/4-3/8 7:30-8:30PM Th \$56

### YOGA AND AFFIRMATIONS

Hatha yoga is a gentle, yet complete system of health and fitness that helps us attain optimum wellness and vitality. It includes deep breathing techniques, stretching exercise, positive affirmations and ending with a complete relaxation oneness with the body, mind and spirit. \*No class 12/25, 12/27, 1/1 & 1/3. Instructor: Irene Holsters. Class held at El Dorado Park West.

23996 18Yrs+ 11/27-1/15 6:45-8:00PM\* M \$60

23997 18Yrs+ 11/29-1/17 6:45-8:00PM\* W \$60

23998 18Yrs+ 1/22-2/26 6:45-8:00PM M \$60

23999 18Yrs+ 1/24-2/28 6:45-8:00PM W \$60

### YOGA FOR HEALTH AND WELLNESS

Dr. Arnette combines many styles of yoga for an enlivening and healing practice of yoga. His blend of ansana, breathing, meditation, vinyasa, knowledge, wisdom and insight creates a well-balanced and fun class! Come practice with us. Please bring an able body, mat, strap, blanket and blocks. Walk in fee available. Instructor: David Allen Arnette. Class held at Whaley Park.

23778 16Yrs+ 12/5-12/19 6:00-7:30PM Tu \$33

23779 16Yrs+ 1/2-1/30 6:00-7:30PM Tu \$55

23780 16Yrs+ 2/6-2/27 6:00-7:30PM Tu \$44



### ZUMBA® EN ESPAÑOL

A Zumba class in Spanish! Have fun while you tone up and dance the stress away. Una clase de Zumba en Espanol! Diviertete y mantente saludable. Despidete del estres y disfrutate a lo maximo mientras tonificas tu cuerpo. Precio por persona, por clase. Clase en el Parque Silverado. Instructor: Carmen Valdivia.

24282 18Yrs+ 12/5-12/14 9:00-10:00AM Tu Th \$2

24283 18Yrs+ 1/2-1/30 9:00-10:00AM Tu Th \$2

24284 18Yrs+ 2/1-2/27 9:00-10:00 AM Tu Th \$2

## MUSIC

### POP BAND 101 FOR GUITAR & BASS NEW

Ready to start playing with other people? We'll jam, and I'll cover do's and don'ts, and answer questions. You'll learn the things that'll make people WANT to play music with you. Know how to play basic chords and melodies. Bring your instrument, amp (if needed), and pen and paper! Class held at The Mirage Mediterranean Grill, 539 E. Bixby Rd, Long Beach. Instructor: Kipp Kahlia. Please visit Kipp at [www.kippkahliamusicinstruction.com](http://www.kippkahliamusicinstruction.com) or [yelp.com/kippkahlia](http://yelp.com/kippkahlia)

24082 14-17Yrs 2/10-2/24 4:00-5:30PM Sa \$100

### GUAVA GROOVE UKULELE

Would you like to learn to play ukulele? If so, this class is for you! It will introduce you to all the basics of ukulele: chords, strumming and songs. Bring your ukulele and tell a friend! Material fee: \$2. Instructor: Hoku Bray. Class held at Stearns Champion Park.

23880 16-75Yrs 1/16-2/20 7:15-8:15PM Tu \$65

## Adult Classes continued

### GIUITAR - LEVEL I

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5. Instructor: Daniel Howe. Class held at Whaley Park.

24001	18Yrs+	1/10-2/7	7:35-8:35PM	W	\$65
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### GIUITAR - LEVEL II

Delve further into the fun of guitar. We will cover complex chords, scales finger-picking and more. Completion of Guitar - Level I or instructor's approval required. Material fee \$5. Instructor: Daniel Howe. Class held at Whaley Park.

24002	18Yrs+	1/10-2/7	8:40-9:40 PM	W	\$65
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## SPORTS

### FENCING

An ancient art of noble defense to a modern Olympic sport. Fencing can be enjoyed by everyone. Learn the basics of foil fencing (stance, attacks and defenses) and improve your coordination, balance and mental agility. Wear loose clothing and tennis shoes. Preregistration required. Cash material fee: \$10 due on first day of class. Instructor: Orange Coast Fencing Academy. Class held at Whaley Park.

24142	8Yrs+	11/28-12/19	7:35-9:20PM	Tu	\$50
24143	8Yrs+	1/9-1/30	7:35-9:20PM	Tu	\$50
24144	8Yrs+	2/6-2/27	7:35-9:20PM	Tu	\$50

### HORSE FUN

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Material Fee: \$20. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea. Instructor: Fun With Horses.

23973	13Yrs & Up	1/6-1/27	3:00-4:00PM	Sa	\$75
23974	13Yrs & Up	2/3-2/24	3:00-4:00PM	Sa	\$75

### INDOOR VOLLEYBALL

Enhance skills through drills and scrimmages. Expand your technique and increase your knowledge of the game. Walk in fee available. \*No class: 12/24, 12/31, 2/4 and 2/18. Instructor: Phil Martin. Class held at Pan American Park.

24112	18Yrs+	12/3-3/4*	6:30-8:30PM	Su	\$40
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### JUJITSU

Japanese jujitsu self defense. Students learn throws, locks and holds to control a larger opponent. One on one instruction for beginners and advanced students. New students start first Monday or Wednesday of each month. Award-winning instructor with over 35 years in Long Beach. For more information please visit: [www.LakewoodBudoKai.com](http://www.LakewoodBudoKai.com). \*No class: 2/19. Instructor: James Kelton. Class held at Stearns Champion Park.

24064	13Yrs+	12/4-12/20	6:30-7:30PM	M W F	\$45
24065	13Yrs+	1/3-1/31	6:30-7:30PM	M W F	\$45
24066	13Yrs+	2/5-2/28*	6:30-7:30PM	M W F	\$45

### KARATE

Okinawan Shorin Ryu Karate. Learn punches, strikes and kicks to defend against an attack. One on one instruction for beginners and advanced students. New students start first Monday or Wednesday of each month. Award-winning instructor with over 35 years in Long Beach. Please visit [www.LakewoodBudoKai.com](http://www.LakewoodBudoKai.com). \*No class: 2/19. Instructor: James Kelton. Class held at Stearns Champion Park.

24070	13Yrs+	12/4-12/20	7:30-8:30PM	M W F	\$45
24071	13Yrs+	1/3-1/31	7:30-8:30PM	M W F	\$45
24072	13Yrs+	2/5-2/28*	7:30-8:30PM	M W F	\$45

### MIXED MARTIAL ARTS

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$40. Instructor: Michael J. Rice. Class held at El Dorado Park West.

24211	18Yrs+	12/7-12/29	8:00-9:00PM	Th F	\$50
24212	18Yrs+	1/4-1/26	8:00-9:00PM	Th F	\$50
24213	18Yrs+	2/1-2/23	8:00-9:00PM	Th F	\$50

### NEVER TOO LATE TO ICE SKATE

Class fee includes ice skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40PM, Thur 3-5:30PM or Sat 10:45-11:15AM. Dress warmly. Check in early. Preregistration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Lakewood. \*No class 11/22 & 11/25. Instructor: Ice Management LLC.

24016	15Yrs+	11/15-12/13*	6:40-7:10PM	W	\$45
24017	15Yrs+	11/18-12/16*	10:15-10:45AM	Sa	\$45
24018	15Yrs+	1/3-1/24	6:40-7:10PM	W	\$45
24019	15Yrs+	1/13-1/27	10:15-10:45AM	Sa	\$34
24020	15Yrs+	1/31-2/21	6:40-7:10PM	W	\$45

### PADI DISCOVER SCUBA DIVING COURSE

This two-hour class will introduce you to the wonder of scuba diving. Included in the material fee is the DSD brochure - covering all paperwork and giving you access to a trial section of the full certification course. We'll need height, weight, and shoe size to provide you with comfortable fitting scuba equipment. Material fee \$10, due at the first class session. Class held at the Deep Blue Scuba & Swim Center 11 39th Place, Long Beach (next to the Belmont Pier). For more information please find us at [www.deepbluelongbeach.com](http://www.deepbluelongbeach.com). Instructor: Deep Blue Scuba & Swim Center.

23944	18Yrs+	12/13-12/13	6:00-8:00PM	W	\$90
23945	18Yrs+	1/13-1/13	6:00-8:00PM	Sa	\$90
23946	18Yrs+	2/11-2/11	6:00-8:00PM	Su	\$90

### SHOTOKAN KARATE

Shotokan is a Japanese karate developed from various martial arts of "empty hand" fighting. Shotokan style begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop self defense skills, self control, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). Instructor: Antonio Silva. Class held at Bixby Park.

24252	18Yrs+	12/1-12/30	7:00-8:00PM	F Sa	\$40
24253	18Yrs+	1/5-1/27	7:00-8:00PM	F Sa	\$40
24254	18Yrs+	2/2-2/24	7:00-8:00PM	F Sa	\$40

# ADULT SPORTS LEAGUES

5001 Deukmejian Drive • (562) 570-1725

Visit [teamsideline.com/longbeach](http://teamsideline.com/longbeach)

NOW TAKING ONLINE TEAM REGISTRATION • [WWW.LBPARKS.ORG](http://WWW.LBPARKS.ORG)

## ADULT BASEBALL

Adult League - 9-18 players. Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: \$480. Call (562) 570-1736 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) to register a team or sign up as an individual player. Two umpires per game, game day fees \$70/per team, per game.

## ADULT BASKETBALL



Register by team only at the Sports Office or online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach). Mens Divisions available. Team fee: Mens \$300. 5-12 players allowed on a team. Ten regular season games (Men), including single elimination playoffs for qualifying teams.

Two officials assigned to each game (\$25/per team, per game). Individual participants interested in playing in the league can be added to the program's "free agent" list. Call the Sports Office at (562) 570-1735 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for more information.

**MENS DIVISIONS:** D1 Advanced (Wed/Thu),  
D2 Advanced Intermediate (Wed/Thu),  
D3 Intermediate (Wed/Thu)  
D4 Novice (Wed/Thu)  
35 & Over (Novice-Mon) NEW

## ADULT ROLLER HOCKEY

Ages 18 and up, with a 10-game season plus playoffs for qualifying teams. Intermediate Plus and Novice Plus games played Saturday and Sunday at Bayshore Rink. Roller Hockey - \$700 per team. Call (562) 570-1736 or (562) 570-3204. Visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) to register a team or individual player.

### PICK-UP - AGES 18 & UP

Saturday and Sunday. Times vary. Bayshore Rink. \$5 per person. Full equipment required including HECC approved helmet with cage or half shield. Call (562) 570-1736 for more information.

### RINK RENTAL

Bayshore Rink. Hourly rental fee \$40. El Dorado west rink rental fee is \$8 per hour for residents and \$18 per hour for non residents. Reservations taken at the Adult Sports office, 5001 Deukmejian Drive or call: Office, 5001 Deukmejian Drive, call (562) 570-1736 or (562) 570-3204.

## ADULT KICKBALL

Register by team only at the Sports Office or online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach), 9-15 players. Ten games plus playoffs. Games played Thursdays at local schools and parks. Team fee: \$325. Call (562) 570-1736 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) to register a team or sign up as an individual player.

## ADULT SOFT BALL

One official assigned, game day fee \$12/per team, per game.

### WEEKNIGHT SLOW PITCH LEAGUE MEN'S AND COED

10-16 players in D classification. Ten games plus playoffs. Coed leagues-16 player max; Men's and Women's teams 15 player max. Team fee: \$450. Call (562) 570-1734 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for registration information.

### WEEKEND SLOWPITCH LEAGUES - MEN'S & COED

Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: \$350. Call (562) 570-1734 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for more information.

### SOFTBALL - AGES 55 & UP

Saturday team registration at the Sports Office. 16 games. Team fee: \$250. Call (562) 570-1736 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for more information.

## ADULT VOLLEYBALL

Register by team only at the Sports Office. Men, Women and Coed Divisions are available. Team fee: \$340. Ten regular season matches, including single elimination playoffs for qualifying teams. One official assigned to each match. (\$12/per team, per game). Individual participants interested in playing in the league can be added to the program's "free agent" list. Call the Sports Office at (562) 570-1731 or visit us online at [www.teamsideline.com/longbeach](http://www.teamsideline.com/longbeach) for more information.

**DIVISIONS:** **MEN** D1 Advanced, D3 Intermediate (Tues)  
**WOMEN** D1 Advanced\*, D2 Advanced Intermediate,  
D3 Intermediate (Mon), D4, Novice (Tue)  
**COED** D1 Advanced (Mon), D2 Advanced Intermediate,  
D3 Intermediate (Wed/Thu)



**NEW ADULT SOCCER AND FUTSAL LEAGUE**  
VISIT: [TEAMSIDELINE.COM/LONGBEACH](http://TEAMSIDELINE.COM/LONGBEACH)



# ADULTS 50+ CLASSES

## DANCE

### ROUND DANCE – INTERMEDIATE & ADVANCED

Class with mini-clinic, advanced instruction with cued rounds. Fee per person, per class. Intermediate class held on Tuesdays and advanced class held on Mondays. Instructor: Edward Patrick. Class held at Long Beach Senior Center.

23620	50Yrs+	12/4-12/18	6:30-9:45PM	M	\$5
23623	50Yrs+	12/5-12/26	6:30-9:45PM	Tu	\$5
23624	50Yrs+	1/2-1/30	6:30-9:45PM	Tu	\$5
23621	50Yrs+	1/8-1/29	6:30-9:45PM	M	\$5
23622	50Yrs+	2/5-2/26	6:30-9:45PM	M	\$5
23625	50Yrs+	2/6-2/27	6:30-9:45PM	Tu	\$5

### ADVANCED ROUND DANCE

Advanced class in choreographed ballroom dancing (also called round dancing). Class consists of clinics on figures, routines taught to beautiful music and party dancing. Fee per person, per class. Instructor: Daniel Finch. Class held at Long Beach Senior Center.

23608	50Yrs+	12/6-12/20	7:00-9:45 PM	W	\$7
23609	50Yrs+	1/3-1/31	7:00-9:45PM	W	\$7
23610	50Yrs+	2/14-2/28	7:00-9:45PM	W	\$7

### ADVANCED ROUND DANCE 5/6

Class meets on the second Saturday of each month and includes: mini-clinics, intermediate and advanced instruction with cued rounds. Fee per person, per class. Instructor: Edward Patrick. Class held at Long Beach Senior Center.

23617	50Yrs+	12/9-12/9	11:00AM-4:00PM	Sa	\$5
23618	50Yrs+	1/13-1/13	11:00AM-4:00PM	Sa	\$5
23619	50Yrs+	2/10-2/10	11:00AM-4:00PM	Sa	\$5

### BALLROOM DANCE

Beginning to intermediate ballroom dance instruction. Dance is fun, social and healthy. No partner need, changes partners or not. A new dance is taught at the beginning of each month selected by the students. Best time to start is at the beginning of the month. Bring a smile and your dance shoes. Fee per person, per class. Instructor: Candis Davis. Class held at Long Beach Senior Center on Tuesdays and at El Dorado Park West on Wednesdays.

23611	50Yrs+	12/5-12/26	1:00-2:00PM	Tu	\$4	LB	Sr.	Ctr
23612	50Yrs+	1/2-1/30	1:00-2:00PM	Tu	\$4	LB	Sr.	Ctr
23613	50Yrs+	2/6-2/27	1:00-2:00PM	Tu	\$4	LB	Sr.	Ctr
23614	50Yrs+	12/6-12/27	10:30-11:30AM	W	\$4			EDW
23615	50Yrs+	1/3-1/31	10:30-11:30AM	W	\$4			EDW
23616	50Yrs+	2/7-2/28	10:30-11:30AM	W	\$4			EDW

### SENIOR LINE DANCING

Have fun learning line dance and exercising with friends. No experience needed. Fee per person, per class. Instructor: Janet Karter. Class held at El Dorado Park West.

23639	50Yrs+	1/4-1/25	1:00-2:00PM	Th	\$3
23640	50Yrs+	2/1-2/22	1:00-2:00PM	Th	\$3

## FITNESS

### FIT, FIRM AND FLEXIBLE FOR 50 YRS+

This class is led by a retired physical therapist, integrating flexibility, strengthening and balance exercises. Please bring elastic resistance bands or tubing. Wear appropriate clothing and bring water. Fee per person, per class. Instructor: Lorraine Goldman. Class held at Pan American Park.

23651	50Yrs+	12/5-12/28	9:30-10:30 AM	Tu Th	\$3
23652	50Yrs+	1/4-1/30	9:30-10:30 AM	Tu Th	\$3



### GENTLE YOGA- ALL LEVELS

Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Walk in fee available. \*No class: 12/25, 1/1, 2/5 & 2/12. Instructor: Silvana Behrens. Class held at Recreation Park.

23653	50Yrs+	12/4-1/8*	9:45-10:45AM	M	\$36
23654	50Yrs+	1/15-2/26*	9:45-10:45AM	M	\$45

### GENTLE YOGA- LEVEL II

This class focuses on yoga stretches, flow, core and relaxation. Some yoga experience recommended but not required. Bring a yoga mat and a beach towel. Walk in fee available. \*No class: 12/28, 1/4, 2/8 & 2/15. Instructor: Silvana Behrens. Class held at Recreation Park.

23657	50Yrs+	12/7-1/11*	9:45-10:45AM	Th	\$36
23658	50Yrs+	1/18-2/22*	9:45-10:45AM	Th	\$36

### SENIOR FITNESS

Lightweight lifting followed by low impact cardio. Fun, easy to follow aerobic workout. Cool down in a chair or on the floor to increase flexibility. Bring lightweights and a mat. Fee per person, per class. \*No class: 12/26. Instructor: Sherrie Zachau. Class held at El Dorado Park West.

23626	50Yrs+	12/5-12/28*	10-11 AM	Tu Th	\$4
23627	50Yrs+	1/2-1/30	10:00-11:00AM	Tu Th	\$4
23628	50Yrs+	2/1-2/27	10:00-11:00AM	Tu Th	\$4

**30 SIGN UP FOR LINKLB AT [WWW.LONGBEACH.GOV/LINKLB](http://WWW.LONGBEACH.GOV/LINKLB)**

## Adult 50+ Classes continued

### ZUMBA® GOLD

A fun Latin inspired fitness program that includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock n' Roll. A safe and effective total body workout that is great for the mind, body and soul. Come dance with me! Fee per person, per class. Instructor: Sherrie Zachau. Class held at El Dorado Park West.

23629	45Yrs+	12/1-12/29	8:45-9:45AM	F	\$4
23630	45Yrs+	1/5-1/26	8:45-9:45AM	F	\$4
23631	45Yrs+	2/2-2/23	8:45-9:45AM	F	\$4

### ZUMBA® GOLD TONING

Fitness program disguised in a cardio party with weights! See and feel the difference after one class. Bring 2lb. weights or purchase Zumba toning sticks in class (optional). Fee per person, per class. Instructor: Sherrie Zachau. Class held at El Dorado Park West.

23632	50Yrs+	12/6-12/27	9:00-10:00AM	W	\$4
23633	50Yrs+	1/3-1/31	9:00-10:00AM	W	\$4
23634	50Yrs+	2/7-2/28	9:00-10:00AM	W	\$4

### ZUMBA® GOLD

Shake your groove thang, Zumba Gold! A fun, Latin-inspired dance fitness class that incorporates easy to follow dance moves at a lower-intensity. Zumba Gold offers an amazing full body workout that will leave you feeling invigorated! There is no wrong way in Zumba Gold- if you are moving and smiling, you are doing it right. Walk in fee available. Instructor: Sabrina Thomas. Class held at Long Beach Senior Center.

23641	45Yrs+	12/2-12/30	11:30AM-12:30PM	Sa	\$10
23642	45Yrs+	1/6-1/27	11:30AM-12:30PM	Sa	\$10
23643	45Yrs+	2/3-2/24	11:30AM-12:30 PM	Sa	\$10

### ZUMBA® GOLD

One hour of exercise and dance is good for both your mind and body. There is no wrong way to do Zumba. If you are sweating and smiling you nailed it!. Walk in fee available. Instructor: Adrienne Rosenfeld. Class held at Long Beach Senior Center.

23905	50Yrs+	12/7-12/21	5:30-6:30 PM	Th	\$10
23911	50Yrs+	1/4-1/25	5:30-6:30PM	Th	\$10
23912	50Yrs+	2/1-2/22	5:30-6:30PM	Th	\$10

### MUSIC

#### VOICE CLASS - LEVEL 1

It is never too late to learn how to sing and improve your speaking voice. In this class you can expect to gain much confidence by learning how to expand your vocal range and improve both your breath control and tone quality all at the same time. Recommended to bring a hand held mirror and recording device. Instructor: Harriet Bennish. Class held at Bixby Park.

23648	50Yrs+	1/2-1/30	11:00AM-12:30PM	Tu	\$60
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#### VOICE CLASS - LEVEL 2

This class continues to nurture the basic foundations of good singing by reinforcing the good habits acquired in the level 1 voice class. There will be an ongoing emphasis on good posture, breath control, expansion of vocal range, and musicianship. Recommended: hand held mirror and recording device (available on most cell phones). Please Note: To enroll in the Level 2 class, it is a prerequisite to complete the level one voice class. There are no exceptions. Instructor: Harriet Bennish. Class held at Bixby Park.

23650	50Yrs+	1/3-1/31	11:00-AM-12:30PM	W	\$60
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## Active Adults 50+ Love Long Beach!



**Parks, Recreation & Marine** invites adults 50+ to participate in the many activities and programs offered in our Recreation Connection class guide and citywide at the six Senior Centers.

**Cesar E. Chavez Park - 570-8890 • El Dorado West - 570-3227**  
**Houghton Park - 570-1640 • Long Beach Senior Center - 570-3500**  
**Mc Bride - Park 570-1605 • Silverado Park - 570-1675**

Activities and programs range from arts and cultural experiences, dance, fitness, life-long learning opportunities, enrichment, health and social services, nutrition, excursions, drop-in special events, volunteerism, and special interest groups.

**Many programs are offered free of charge.**



**For more information, visit [www.LBParks.org](http://www.LBParks.org)**



# HOMELAND CULTURAL CENTER

1321 Anaheim Street at MacArthur Park

Hours: Mon-Thurs, 3PM-10PM

Sat: 10AM-6PM; Sun 9AM-6PM

## TAKE A FREE CLASS OR WORKSHOP! WINNER OF THE AWARD OF EXCELLENCE CALIFORNIA PARK AND RECREATION SOCIETY.

Explore and share traditional and contemporary cultural traditions!

Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.

<b>African Drum/Dance</b> 10:00AM-4:00PM	Sat	<b>Hmong Arts</b> 9:00AM-2:00PM	Sun
<b>Aztec Dance</b> 7:00-9:00PM	Tu, W	<b>Micronesian Arts</b> 2:00-6:00PM	Sun
<b>Bokator (Martial Arts)</b> 7:00-9:00PM	W, Th	<b>Senior Recreational Dance</b> 3:00-5:00PM	Tu, W
<b>Drums</b> 4:00-6:00PM	Tu	<b>Street Dance</b> 6:00-10:00PM	M, Tu
<b>Guitar/Bass</b> 4:00-6:00PM	Th	<b>Street Dance for Kids</b> 4:00-6:00PM	Tu
<b>Graf Murals</b> 6:00-10:00PM	M, Tu	<b>Youth Writing &amp; Improv</b> 4:00-6:00PM	W
<b>Hip Hop Dance</b> 6:00-9:00PM	M		



## NATURAL GAS SERVICES SAFETY

*As the cooler months approach, please keep these natural gas safety tips in mind:*



**Long Beach Gas & Oil**  
**24HR Emergency Line:**  
**(562) 570-2140**  
[www.longbeach.gov/lbgo](http://www.longbeach.gov/lbgo)  
[www.facebook.com/GOLBGO](https://www.facebook.com/GOLBGO)

- Long Beach Gas & Oil (LBGO) recommends scheduling your pilot lighting or appliance safety check appointments early to avoid the winter rush. Call 562-570-5700 to schedule an appointment. LBGO offers free appliance safety checks for all utility customers.

- Install and maintain carbon monoxide detectors in a central location outside each separate sleeping area and on every level of your home. Carbon Monoxide or CO, is a colorless, odorless, and poisonous gas that can be generated from improperly-used or incorrectly-vented gas burning appliances such as stoves, furnaces, and water heaters.

-LBGO offers carbon monoxide testing free of charge. Call 562-570-5700 to schedule an appointment. If you believe you are suffering from carbon monoxide poisoning, call 911 and turn off all gas burning appliances.

- Natural gas has a distinctive smell often compared to rotten eggs or sulfur. If you believe you have a gas leak, contact the LBGO emergency line at 562-570-2140.





# LONG BEACH ANIMAL CARE SERVICES

P.D. Pitchford Companion Animal Village  
7100 East Spring Street (562) 570-PETS  
24 Hour Emergency Service (562) 570-7387  
Follow us on Facebook at: [LongBeachAnimalCare](https://www.facebook.com/LongBeachAnimalCare)  
On Twitter and Instagram @ [ibanimalcare](https://www.instagram.com/ibanimalcare)



Animal Related Complaints/Questions: (562) 570-PETS (7387)  
Interested in volunteering? Need to license your cat or dog? Need spay or neuter assistance? Looking for your lost pet? Looking to adopt?  
Visit [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com).

## LOW COST PET CLINICS

Hours: Wed-Fri 10AM-5:30PM, Sat-Sun 10AM-4PM  
Closed Monday, Tuesday & Holidays  
Visit [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com) for dates, times, locations, and fees for Low Cost Pet Vaccination and Microchipping Clinics held in Long Beach parks on Saturdays and from 4-6PM on the 1st and 3rd Thursday of the month at Scherer Park. Licensing is available at the Saturday clinics.

## SPAY/NEUTER CLINICS

Fix Long Beach hosts free spay/neuter clinics for qualifying Long Beach residents. Please visit [www.fixlongbeach.com](http://www.fixlongbeach.com) for information.

## SPAY AND NEUTER VOUCHERS

A limited number of vouchers to assist in the cost of spaying or neutering your pet may be obtained at the shelter during regular business hours. To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal Beach residency must be presented. Please visit [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com) for more information about spay/neuter assistance.

## LONG BEACH SPAY AND NEUTER ORDINANCE FOR DOGS AND CATS

Effective October 1, 2015, all dogs over 6 months and cats over 4 months are required to be spayed or neutered LBMCO 6.16.085. Any unaltered dog with a valid license prior to October 1, 2015 is exempt from the mandatory spay/neuter law as long as the license is kept current.

For more information on spay/neuter programs and a complete list of exemptions please call (562) 570-7387 or visit our website: [www.LongBeachAnimalCare.com](http://www.LongBeachAnimalCare.com)

## DOG TRAINING CLASSES

Your dog is a member of your family! Long Beach Parks, Recreation and Marine Dog training classes can help your canine companion become socialized, have good manners, and be a friend for life. See page 21 and 22 for details.

## PET LICENSING BENEFITS Licensing In Long Beach Is More Than Just a Tag



**FAST TRACK** Found pets are reunited quickly with their owner, or rushed to the appropriate veterinarian if severely injured, through the Fast Track licensing program.

**FREE RIDE HOME** Your pet gets a free ride home the first time it is found. City staff will attempt to deliver your pet home to you immediately, skipping a trip to the animal shelter where it might be exposed to potentially sick animals who have also just arrived.



**EXTENDED STAY** When found, your licensed pet will be cared for by a veterinarian at the Animal Shelter for a longer period of time (up to 14 days rather than six days) prior to being put up for adoption.

**VACATION PET ALERT** When you leave home on a vacation, call to register where your pet will be while you are on vacation, who will be taking care of your pet, and where to reach you.



LONG BEACH ANIMAL CARE SERVICES

# MOBILE APP

DOWNLOAD AT

ITUNES AND GOOGLE PLAY

SHARE ADOPTABLE PETS • LOCATE DOG PARKS  
EMERGENCY VETERINARIANS  
LOST AND FOUND  
LOW COST CLINIC SCHEDULE  
DOG TRAINING CLASSES

[WWW.LONGBEACH.GOV/ACS](http://WWW.LONGBEACH.GOV/ACS)

# ADOPT

from  
LONG BEACH ANIMAL CARE SERVICES

7700 E. SPRING ST. LONG BEACH, CA 90815 (562) 570-7387  
W - F: 10 am - 5:30 pm Sat & Sun: 10 am - 4 pm  
[www.longbeach.gov/acs](http://www.longbeach.gov/acs)

# EL DORADO NATURE CENTER

7550 East Spring St.

(562) 570-1745

[www.longbeach.gov/naturecenter](http://www.longbeach.gov/naturecenter)



The Nature Center's 105-acre wildlife habitat is an island of serenity in the midst of the busy urban landscape. Two lakes, a stream, two miles of dirt trail and a 1/4-mile paved access trail wind through meadows and forested areas to offer visitors a rewarding getaway. Visit the interactive, hands-on exhibits available in the museum and gift shop after you walk the trails.

## NATURE CENTER HOURS

Trails: Tuesday - Sunday, 8AM - 5PM

Museum: Tuesday - Sunday, 8:30AM - 4PM

## FRIENDS OF EL DORADO NATURE CENTER

Help build habitat and support educational programs at the Nature Center with your tax-deductible donation. For more information, call the Friends' office at (562) 570-1745.

## ART IN NATURE

### DRAWING IN NATURE

Learn the basics of using colored pencils, including blending, burnishing and impressed line, while incorporating the techniques of botanical drawing. Bring a lunch and wear walking shoes.

Saturdays, January 13 & February 10, 10AM - 3PM. Adults only. \$80 per person for unit of two classes. Supports Friends of El Dorado Nature Center. Pre-registration is required. Call (562) 570-1745.

## EDUCATIONAL PROGRAMS

**Pre-registration is required. Call (562) 570-1745.**

### YOUNG EXPLORERS TOUR

Looking to learn more about nature or earn an environment-themed badge? Register your group for a naturalist-led exploration of the Nature Center's diverse habitats. 1½ - hour program. \$5 per person.

### BEETLE BRIGADE

Join us for a hands-on, sensory exploration of nature. We'll use our "owl eyes," "rabbit ears," and "coyote noses" to experience the unique patterns, textures, shapes, and colors around us. Sing a song, listen to a story, or make friends with a puppet. Ages 3-5. 1½-hour program. \$4 per person.

### DISCOVERY TOURS

Teachers, explore the Nature Center trails with your students on a naturalist-guided tour. You'll make discoveries through hands-on investigation and activities designed to support the Academic Content Standards at your grade level. 2-hour program. Grades K-4, \$6 per person. Grade 5, \$7 per person.

### EXPLORE THE SHORE - 5TH GRADE TOUR

Sponsored by El Dorado Nature Center and the City of Long Beach's Adopt-A-Beach program. In this hands-on, two-hour program, students will use scientific tools and instruments to discover how water sustains all life on earth, and how the water cycle shapes our local watershed and affects the marine ecosystem. Available at Granada Beach or Cherry Beach. 2-hour program. \$7 per person.

**34 REGISTER ONLINE AT [WWW.LBPARKS.ORG](http://WWW.LBPARKS.ORG)**

## WINTER BREAK WORKSHOPS

**Pre-registration required at [www.lbparks.org](http://www.lbparks.org).**

Join us for vacation fun at the Nature Center! Ages 5-8. Children must have Kindergarten experience. 9:00AM – noon. \$15 per class.

### DECEMBER 27

#### 23598 ANIMAL BUDDIES

Life is so much better when you are surrounded by your friends and family. Join us as we learn about animals that like to hang in groups. Whether it's exploring together, on the hunt for food, or raising their young, there's always a buddy nearby.



### DECEMBER 28

#### 23599 OPOSSUM ODD—YSSEY

Join us as we investigate the awesome and sometimes unusual world of that funny looking little nighttime creature—the opossum.

### DECEMBER 29

#### 23600 THE SECRET LIFE OF SEEDS

Why did the seed cross the road? To get to the other side. We will investigate how seeds travel, and what animals help them. Join us as we discover the secret of seeds.

### JANUARY 2

#### 23601 ART ADVENTURES

Bring the outdoors in as you celebrate nature and your own creativity.

### JANUARY 3

#### 23602 WINTER SHADOWS

Changes in sunlight affect living things during winter. Join us as we explore the science behind survival techniques of creatures at the Nature Center.

## JANUARY 4

### 23603 WHICH WAY DID HE GO?

It's a migration investigation as we'll look at why animals go from here to there and back again.

## JANUARY 5

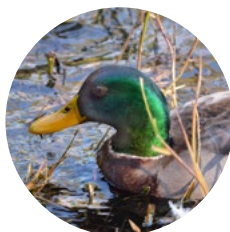
### 23604 EARTHSAVERS

You can help protect our planet by starting in your own backyard! We'll have lots of fun creating art from reusable objects, helping the habitat of the Nature Center with a planting project, and playing the Recycle Relay! Join us for a day of giving back.

## CELEBRATE BIRDS!

### THE GREAT BACKYARD BIRD COUNT

Become a scientist for the day! Help count our local feathery friends and discover why they are so important. The data collected helps scientists understand more about bird populations and migration. No experience necessary. All ages. Saturday, February 17, 9AM – Noon. Free Program



### EL DORADO AUDUBON SOCIETY MEETING

Join us for intriguing presentations and discussion on the conservation of native birds and their habitats.

Thursday Evenings, December 14, January 18, & February 15, 7:30PM. Free Program.

### AUDUBON BIRD WALK

Whether you're a new birder or just want to sharpen your skills, join members of El Dorado Audubon for this morning walk through the Nature Center.

Sundays, December 10, January 7, & February 11, 8AM. Free Program.



## LECTURE SERIES

### "OUT OF THE WILDS AND INTO YOUR GARDEN"

Join us for these expert-taught classes focusing on California Native Plants for your home garden.

Saturdays, December 2, January 6, and February 3. 2-4PM. Free program.

## VOLUNTEER OPPORTUNITIES

**Pre-registration is required. Call (562) 570-1745.**

### 1ST SATURDAY STEWARDS – SERVICE LEARNING OPPORTUNITY

Join us in cleaning the stream, clearing the trails, or pulling weeds. Wear sturdy shoes and bring water and sunscreen.

Saturdays, December 2, January 6, February 3, 10AM - Noon.

### WETLAND WARRIORS CLEANUP

Only 5% of California's once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team and help protect the critical habitat at Golden Shore Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Rain cancels.

Saturdays, December 16, January 20, & February 17, 10 AM to Noon. Meet next to 101 Golden Shore Ave.

# EL DORADO EAST REGIONAL PARK

7550 East Spring St - (562) 570-1771

Hours: Fall/Winter: 7:00AM-5:00PM, Nov 1 - Feb 28

Spring/Summer: 7:00AM-8:00PM, Mar 1 - Oct 31

## GENERAL INFORMATION

To reserve a site at El Dorado Park for your next special event, please call (562) 570-3111. To view a park map, visit: [http://www.longbeach.gov/glob-alassets/park/media-library/documents/park-and-facilities/facility-res-ervations/reservation-forms/eldomap\\_may09](http://www.longbeach.gov/globalassets/park/media-library/documents/park-and-facilities/facility-reservations/reservation-forms/eldomap_may09)

## VEHICLE ENTRY FEES

CASH ONLY: \$5 Monday - Thursday • \$6 Friday

\$7 Saturday and Sunday • \$8 on Holidays

School Buses are \$30 • Other buses are \$35 daily

## AMENITIES AND SERVICES



- Archery range with target butts
- Barbecue grills - First come, first served
- Bicycle trails - paved (over 4 miles)
- Campground for Youth Groups
- Dog Park
- 2 Stocked Fishing lakes (license required for 16 yrs+)
- Model aircraft flying area (radio controlled)
- Model sailboat area (radio controlled)
- Nature Center - Closed Mondays
- Park Ranger supervision
- Physical Fitness Course - 12 stations - Area II
- Picnic Areas - first come, first served, and reserved areas
- Picnic Shelters
- Playgrounds
- Caboose Corners at El Dorado Park. Train rides and party packages. Open 10:30 to 4 PM, Saturday and Sunday. March through October. To book a party or for more information call Caboose Corners at 562-824-7225 or visit [www.cabooscorners.com](http://www.cabooscorners.com).
- Pedal boat rentals; reservations, Call (562) 824-7717.
- Junior Olympic Archery Development (JOAD), call (626) 242-8870.
- Bicycle Rentals - Wheel Fun Rentals, call (805) 650-7770.

## ANNUAL PARKING PASSES

Purchase at Administration Office, 2760 Studebaker Road or El Dorado Nature Center, 7550 E. Spring Street.

- General Public Fee: \$60 Each
- Seniors ages 50+/Disabled Fee: \$35 Each



## RANCHO LOS ALAMITOS HISTORIC RANCH & GARDENS

6400 E. Bixby Hill Road • (562) 431-3541

[www.RanchoLosAlamitos.org](http://www.RanchoLosAlamitos.org)

Public Hours: Wednesday-Sunday 1-5PM

Free admission.

Rancho Los Alamitos is a National Register site and has been home to diverse cultures for more than 1,500 years. It includes a ranch house c.1800 with a core of adobe, four acres of lush historic gardens, a state-of-the-art Rancho Center and a restored barnyard area which houses livestock including magnificent Shire horses, sheep, goats, chickens, ducks and rabbits.

Hours: Wednesday-Sunday, 1-5PM. Enter at the Bixby Hill residential security gate at Anaheim and Palo Verde. Guided tours of the ranch house and barns area start every 30 minutes from the Rancho Center with the last tour at 4PM. Garden tours are self-guided. Free admission and parking.

**Volunteer Opportunities:** Volunteers support every facet of ranch activity, from offering school tours and educational special events that attract thousands, to providing specialized garden care and performing skilled curatorial tasks. Bring your skills, enthusiasm, and the time you have to give and you will find a welcoming environment at Rancho Los Alamitos. To learn more, call the Rancho office at (562) 431-3541 or visit the Rancho's website at [RanchoLosAlamitos.org](http://RanchoLosAlamitos.org).



### WINTER EVENTS AT RANCHO LOS ALAMITOS

#### Conversations in Place –The Future Today

**Sunday, November 5 | 1:30 – 3:30 PM**

\$25/person | \$10/student with current student ID

Join us for the final Conversation in the 2017 series. Presentation by Alex Steffen and panel members Alenda Y. Chang, Jeff Watson, and Alan Pullman with moderator Lance Eliot.

#### Museum Shop Holiday Preview Event

**Saturday, November 11 | 1:00AM – 5:00 PM Free Admission**

Shop local and support the Rancho! Get an early start on your holiday shopping in a beautiful and relaxed setting while enjoying light refreshments. In addition to our regular fabulous Museum Shop items, this year we are very excited to include local Artisans and Craftsmen presenting their jewelry, glass products, specialty foods, candles, home décor and more. There will be crafts available for children to do while you shop!

#### Annual Holiday Workshop

**Saturday, November 18 | 10 AM - Noon**

A Ticketed Event.

Please check the Rancho's website for details at [RanchoLosAlamitos.org](http://RanchoLosAlamitos.org).

## RANCHO LOS CERRITOS HISTORIC SITE

4600 North Virginia Road

(562) 206-2040 • [www.RanchoLosCerritos.org](http://www.RanchoLosCerritos.org)

Public Hours: Wednesday-Sunday 1-5PM

Rancho Los Cerritos is a National, State, and Long Beach historic landmark. The adobe home (circa 1844) and gardens echo with the rich history of Spanish, Mexican, and American California and with the families who helped transform Southern California from its ranching beginnings into a modern, urban society. The two-story Monterey-style house is primarily furnished to reflect ranch life from the 1840s to the 1880s.

Take a free tour of the historic two-story adobe house, guided by living history interpreters and house docents, during public hours. Free guided tours of the gardens are offered on Saturdays and Sundays, and Spanish-language tours are offered on the fourth Sunday of every month (or by request). Groups of 10 or more should make reservations at least two weeks in advance.

**MUSEUM SHOP:** We carry a wide assortment of unique gift items, including jams, scented soaps and pressed flower candles from our gardens, hand-turned bowls from our historic trees, and more! The shop also carries old-time children's toys and books. Every purchase helps support educational programs and public events at the Rancho.

### WINTER EVENTS AT RANCHO LOS CERRITOS

**CREATION STATION • Saturdays; December 2, 1-4PM "Gorgeous Green", January 6, 1-4PM "Winter Wonders", February 3, 1-4PM "Hearts Crazy"**  
Nature-themed crafts and activities for families on the first Saturday of the month. Rain or shine. Free.

#### VICTORIAN HOLIDAY TEA • Tuesday, December 5, 11:00AM

Join us in the sun porch for traditional tea delights served by Victorian characters from the Rancho's past, tour the festively decorated adobe home, and find hand-made gifts in the Museum Shop. Register online starting Nov. 1. \$35 per person.

#### OLD TIME CHRISTMAS FESTIVAL • Sunday, December 10, 1:00-4:00PM

Learn about 19th century holiday customs as you tour the festively decorated adobe. Children can create old-fashioned holiday decorations, help break open the piñata, listen to Christmas stories, and visit with Santa. Live holiday music and light refreshments are included in the general admission price of \$5 per person. Buy tickets online or at the door.

#### COCOA WITH SANTA • Tuesday, December 12, 4:00PM • Friday, December 15, 4:00PM • Saturday, December 16, 11:00AM

Children ages 3-10 will enjoy visiting Santa Claus, sipping hot cocoa, making tree ornaments, and listening to holiday tales. Register online starting Nov. 1. \$15 per person.

#### BIRD WALK • Thursday, February 8, 8:00-9:30AM

Join Carolyn Vance, of the El Dorado Audubon Society, for a bird walk. Meet in the parking lot at 8AM. Bring binoculars, a field guide, and water. No advance registration required.

#### ROMANCES AT THE RANCHO • Saturday, February 10, 6:00-8:00PM, Tours every 15 minutes

See the Rancho by candlelight! Stroll through a century of history, enjoying romantic vignettes from the Rancho's past by costumed interpreters. A sumptuous dessert and glass of champagne will be served at the conclusion of each tour, with a background of enchanting music in the historic gardens. Register online starting Jan 2. \$20 per person.

#### VOLUNTEER OPPORTUNITIES

Volunteers provide tours, offer living history and education events, and help maintain the gardens and museum collections. Call for more info.

**Wednesday, January 17, 3:00-4:30PM.** Volunteer Open House. Get involved at the Rancho!

**Wednesday, January 24, 1:30-4:30PM:** House docent training begins.

**Saturday, March 3, 9AM-12:30PM:** Garden docent training begins.

# LEEWAY SAILING CENTER

5437 East Ocean Boulevard • (562) 570-1719

## GENERAL INFORMATION

Leeway Sailing Center offers lessons in kayaking (Spring/Summer) and sailing (All Seasons). All classes require registration at least 48 hours in advance either online or at the Parks, Recreation and Marine Registration Office. Registrations are not accepted at the facility. LEEWAY CLOSED SATURDAY, DECEMBER 2 – MONDAY, JANUARY 1.

## SAILING LESSONS

### BEGINNING SABOT SAILING (8' BOATS)

8yrs & up • \$115

A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

23892	1/6-1/27	9:00AM-12:00PM	Sa
223893	2/3-2/24	9:00AM-12:00PM	Sa

### INTERMEDIATE SABOT SAILING (8' BOAT)

8yrs & up • \$115

An intermediate class for sailors that have completed Beginning Sabot. This class focuses on boat handling skills and beginning tactics.

23896	1/6-1/27	12:30PM-3:30PM	Sa
23897	2/3-2/24	12:30PM-3:30PM	Sa

### BEGINNING CAPRI SAILING (14' BOATS)

13yrs & up • \$115

A beginning sailing class designed to introduce adult students to the exciting sport of dinghy sailing.

23888	1/6-1/27	9:00AM-12:00PM	Sa
23889	2/3-2/24	9:00AM-12:00PM	Sa
23890	1/7-1/28	9:00AM-12:00PM	Su
23891	2/4-2/25	9:00AM-12:00PM	Su

### INTERMEDIATE CAPRI SAILING (14' BOATS)

13yrs & up • \$115

For sailors who have completed our Beginning Capri class. Learn advanced sailing skills such as solo sailing, backwinding, basic racing, tiller extensions and controlled jibes.

23894	1/7-1/28	12:30PM-3:30PM	Su
23895	2/4-2/25	12:30PM-3:30PM	Su

### KEELBOAT CLASS

13yrs & up • \$130

A class for those with sailing experience. Participants must have Intermediate Capri certification and/or skills needed for ocean sailing on a Keelboat.

23898	1/7-1/28	10:00AM-2:00PM	Su
23899	2/4-2/25	10:00AM-2:00PM	Su

### PRIVATE LESSONS

Private and semi-private lessons in sailing, kayaking, and canoeing are available. Call Leeway Sailing Center at (562) 570-1719 for more information.

### SAIL CLUB

A rental program offered on Saturdays from 12 PM-5 PM year-round. All participants must have successfully completed a course conducted by Leeway Sailing Center or must pass a skills check conducted by Leeway staff prior to renting equipment. A skills check may be scheduled by calling the Sailing Center at (562) 570-1719 at least one week in advance. The skills check fee is \$90 per person.

Rental rates are as follows:  
Capri & Sabots: \$17/hour  
Kayaks & Canoe: \$13/hour

PRIME LOCATIONS • AFFORDABLE • CLOSE TO FREEWAYS • QUICK TO CATALINA

## MAKE LONG BEACH YOUR HOME PORT!

Slips are now available in  
Long Beach Marinas

Call for more information  
or to schedule a visit.

**562-570-4950**

ALAMITOS BAY MARINA

• SHORELINE MARINA

• RAINBOW HARBOR/MARINA



DEPARTMENT OF  
PARKS, RECREATION & MARINE

CITY OF  
**LONG BEACH**

Availability subject to vessel size and slip location. Wait lists are required in some situations.

# BELMONT PLAZA POOL

4320 EAST OLYMPIC PLAZA • (562) 570-1806

## GENERAL INFORMATION

Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80 – 82 degrees. Children under 48" tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers."

Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. THURSDAY, NOVEMBER 23 (THANKSGIVING); MONDAY, JANUARY 1 (New Year's Day); MONDAY, JANUARY 15 (MLK Day); MONDAY, FEBRUARY 19 (Presidents' Day).

### OPEN SWIM FEES

Youth (ages 17yrs&under)	\$1
Seniors (ages 50yrs&over)	\$3
Adults (ages 18-49yrs)	\$4

**SWIM PASSES:** Swim passes are available on line or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$55, Adults-\$85. Membership Pass valid for 25 visits. Fees may be subject to change.

### LAP SWIM

Mon-Fri	5:30AM-9:30AM
Mon/Wed/Fri	10:00AM-2:00PM
Tues/Thurs	11:00AM-2:00PM
Tue/Thurs	7:00 PM-9:00PM
Sat & Sun	8:00AM-12:00PM



### ALL AGES RECREATION SWIM

Mon/Wed	7:00PM-9:00 PM
Sat & Sun	12:00PM-2:00PM

Swim meets and special events may cause changes to the regular pool schedule. Call the pool at 570-1806 for more information or check the website at: <http://www.longbeach.gov/park/recreation-programs/aquatics/pools/belmont-pool/>

## WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. For more information regarding the Water Exercise program, call (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$6 per class for adults. \$41 for a fitness pass valid for 10 classes.

### Shallow Water Exercise:

Mon/Wed/Fri/Sun 11:00AM-11:50AM

Tue/Thursday 7:10PM-8:00PM

### Deep Water Exercise:

Mon/Wed/Fri/Sun 10:00AM-10:50AM



Class options: Saturday mornings November - February. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line ([lb parks.org](http://lb parks.org)) or at Belmont Plaza Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit <http://lb parks.org> to register on line.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.



## Belmont Plaza Pool Classes continued

### AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

23867	9Mths-2Yrs	1/6-2/24	9:00AM-9:25AM	Sa	\$42
23868	9Mths-2Yrs	1/6-2/24	11:30AM-11:55AM	Sa	\$42

### AQUATICS – PRESCHOOL SCHOOL AQUATICS 1

Skills taught in Preschool School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back-glide, introduction to arm and leg action on front, jumping in, and safety rules.

23869	3Yrs-5Yrs	1/6-2/24	9:00AM-9:25AM	Sa	\$42
23870	3Yrs-5Yrs	1/6-2/24	10:30AM-10:55AM	Sa	\$42



### AQUATICS – PRESCHOOL SCHOOL AQUATICS 2

Skills taught in Preschool School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

23871	3Yrs-5Yrs	1/6-2/24	9:30AM-9:55AM	Sa	\$42
23872	3Yrs-5Yrs	1/6-2/24	11:00AM-11:25AM	Sa	\$42

### AQUATICS – PRESCHOOL SCHOOL AQUATICS 3

Skills taught in Preschool School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

23873	3Yrs-5Yrs	1/6-2/24	9:30AM-9:55AM	Sa	\$42
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### AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

23860	6Yrs-12Yrs	1/6-2/24	10:00AM-10:25AM	Sa	\$42
23861	6Yrs-12Yrs	1/6-2/24	11:00AM-11:25AM	Sa	\$42

### AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

23862	6Yrs-12Yrs	1/6-2/24	10:00AM-10:25AM	Sa	\$42
23863	6Yrs-12Yrs	1/6-2/24	11:30AM-11:55AM	Sa	\$42

### AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

23864	6Yrs-12Yrs	1/6-2/24	10:30AM-10:55AM	Sa	\$42
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### AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

23865	6Yrs-12Yrs	1/6-2/24	8:30AM-8:55AM	Sa	\$42
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### AQUATICS - LEVEL 5-6

Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

23866	6Yrs-12Yrs	1/6-2/24	8:00AM-8:25AM	Sa	\$42
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### AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

23857	13Yrs +	1/6-2/24	8:00AM-8:50AM	Sa	\$50
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Never Fear,  
Private Swim Lessons Are Here!

### PRIVATE & SEMI-PRIVATE SWIM LESSONS

Enroll to the waitlist on line at no cost. Pool staff will fill all available slots from the waitlist. Private lessons are offered as one-on-one with instructor. Price for private lessons is \$152 for eight (8) 25-minute lessons. Semi-Private lessons are offered as 2-3 students to 1 instructor. Price for semi-private lessons is \$100 for eight (8) 25-minute lessons.

Lessons are offered on Saturday mornings November – February. Session dates run concurrent with group lessons. For information and availability please contact the pool at (562) 570-1807.

### AQUATICS - BELMONT PRIVATE SWIM LESSONS

23858	9Mths&Up	1/6-2/24	8:00AM-12:00PM	Sa	\$152
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### AQUATICS – BELMONT SEMI PRIVATE SWIM LESSONS

23859	9Mths&Up	1/6-2/24	8:00AM-12:00PM	Sa	\$100
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# KING PARK POOL 1910 Lemon Avenue • (562) 570-1718

## GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers".

Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED THURSDAY, NOVEMBER 23 (Thanksgiving); SATURDAY, DECEMBER 23 – MONDAY, JANUARY 1 (Pool Maintenance). MONDAY, JANUARY 15 (MLK Day); MONDAY, FEBRUARY 19 (Presidents' Day).

## OPEN SWIM FEES

Youth (ages 17yrs&under):	\$1
Senior Citizens (ages 50yrs&up):	\$2
Adults (ages 18-49yrs):	\$3

**SWIM PASSES:** Swim passes are available on line or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership pass valid for 25 visits. Fees may be subject to change.

## LAP SWIM

M/W/F	6:00AM-9:00AM
T/Th/F	12:00PM-2:00PM
Sa/Su	11:30AM-1:00PM

## ALL AGES RECREATION SWIM

Sa/Su	1:00PM-3:30PM
T/Th/F	3:00PM-4:30PM
T/Th	6:30PM-8:00PM



## WATER EXERCISE CLASSES

Ages 16 & up. Looking for a new style of exercise? This is the class for you! It will help you shape-up and keep fit. This class is offered on an on-going basis. Don't miss the fun! Fee is \$3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass.

Deep Water	M/W/F	6:30AM-7:20AM
Shallow Water	M/W/F	8:00AM-8:50AM
Shallow Water	M/W	6:00PM-6:50PM



## SWIMMING LESSONS

Class options: Tuesday/Thursday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on line or at King Park Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at King Park Pool. Visit [www.lbparks.org](http://www.lbparks.org) to register on line. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

## AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back and rolling over.

23806	9 Mths-3Yrs	1/6-3/24	11:00AM-11:25AM	Sa	\$32
23807	9 Mths-3Yrs	1/9-2/1	6:00PM-6:25PM	TTh	\$32
23808	9 Mths-3Yrs	2/6-3/1	6:00PM-6:25PM	TTh	\$32

## AQUATICS - PRESCHOOL AQUATICS 1

Skills taught in Preschool Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

23809	3Yrs-5Yrs	1/6-2/24	10:00AM-10:25AM	Sa	\$32
23810	3Yrs-5Yrs	1/6-2/24	11:30AM-11:55AM	Sa	\$32

**40 REGISTER ONLINE AT [WWW.LBPARKS.ORG](http://WWW.LBPARKS.ORG)**



#### King Park Pool Classes continued

23811	3Yrs-5Yrs	1/6-2/24	12:00PM-12:25PM	Sa	\$32
23812	3Yrs- 5Yrs	1/9-2/1	4:00PM-4:25PM	TTh	\$32
23813	3Yrs-5Yrs	1/9-2/1	5:30PM-5:55PM	TTh	\$32
23814	3Yrs-5Yrs	2/6-3/1	4:00PM-4:25PM	TTh	\$32
23815	3Yrs-5Yrs	2/6-3/1	5:30PM-5:55PM	TTh	\$32

#### AQUATICS - PRESCHOOL AQUATICS 2

Skills taught in Preschool Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

23816	3Yrs-5Yrs	1/6-2/24	10:30AM-10:55AM	Sa	\$32
23817	3Yrs-5Yrs	1/9-2/1	5:00PM-5:25PM	TTh	\$32
23818	3Yrs-5Yrs	2/6-3/1	5:00PM-5:25PM	TTh	\$32

#### AQUATICS - PRESCHOOL AQUATICS 3

Skills taught in Preschool Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke, and water safety skills.

23819	3Yrs-5Yrs	1/6-2/24	10:30AM-10:55AM	Sa	\$32
23820	3Yrs-5Yrs	1/9-2/1	5:00PM-5:25PM	TTh	\$32
23821	3Yrs-5Yrs	2/6-3/1	5:00PM-5:25PM	TTh	\$32

#### AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

23788	6Yrs-12Yrs	1/6-2/24	10:00AM-10:25AM	Sa	\$32
23789	6Yrs-12Yrs	1/6-2/24	11:00AM-11:25AM	Sa	\$32
23790	6Yrs-12Yrs	1/6-2/24	12:00PM-12:25PM	Sa	\$32
23791	6Yrs-12Yrs	1/9-2/1	4:30PM-4:55PM	TTh	\$32
23792	6Yrs-12Yrs	2/6-3/1	4:30PM-4:55PM	TTh	\$32

#### AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

23793	6Yrs-12Yrs	1/6-2/24	10:30AM-10:55AM	Sa	\$32
23794	6Yrs-12Yrs	1/9-2/1	5:30PM-5:55PM	TTh	\$32
23795	6Yrs-12Yrs	2/6-3/1	5:30PM-5:55PM	TTh	\$32

#### AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

23796	6Yrs-12Yrs	1/6-2/24	11:30AM-11:55AM	Sa	\$32
23797	6Yrs-12Yrs	1/9-2/1	6:00PM-6:25PM	TTh	\$32
23798	6Yrs-12Yrs	2/6-3/1	6:00PM-6:25PM	TTh	\$32

#### AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

23799	6 Yrs-12Yrs	1/6-2/24	11:00AM-11:25AM	Sa	\$32
23800	6 Yrs-12Yrs	1/9-2/1	4:30PM-4:55PM	TTh	\$32
23801	6 Yrs-12Yrs	2/6-3/1	4:30PM-4:55PM	TTh	\$32

#### AQUATICS - LEVEL 5 (SATURDAY) OR LEVEL 5/6 (TUESDAY & THURSDAY)

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke. Tuesday/Thursday Classes are combined with Level 6.

23802	6Yrs-12Yrs	1/6-2/24	9:00AM-9:25AM	Sa	\$32
23803	6Yrs-12Yrs	1/9-2/1	5:00PM-5:25PM	TTh	\$32
23804	6Yrs-12Yrs	2/6-3/1	5:00PM-5:25PM	TTh	\$32



#### AQUATICS - LEVEL 6 (SATURDAY) OR LEVEL 5/6 (TUESDAY & THURSDAY)

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and butterfly. Tuesday/Thursday Classes are combined with Level 5.

23805	6Yrs-12Yrs	1/6-2/24	9:00AM-9:25AM	Sa	\$32
23803	6Yrs-12Yrs	1/9-2/1	5:00PM-5:25PM	TTh	\$32
23804	6Yrs-12Yrs	2/6-3/1	5:00PM-5:25PM	TTh	\$32

#### AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

23784	13 Yrs+	1/6-2/24	9:00AM-9:50AM	Sa	\$40
23785	13 Yrs+	1/9-2/1	5:30PM-6:20PM	TTh	\$40
23786	13 Yrs+	2/6-3/1	5:30PM-6:20PM	TTh	\$40

#### JUNIOR LIFEGUARD PROGRAM

Get started for a future job as a lifeguard. Learn swimming and life-guarding skills. Must have Level 5 swim skills and be between the ages of 11-16. Please call the pool for more information. Saturdays, 9:30AM-10:30AM starting January 6.

#### POOL RENTALS

Please call the pool supervisor at 570-1718 for information, fees and scheduling availability.



# SILVERADO PARK POOL

1540 West 32nd Street (562) 570-1721

## GENERAL INFORMATION

Silverado Pool is a year-round, indoor facility. Water temperature is maintained between 82 - 84 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers."

Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED THURSDAY, NOVEMBER 23 (THANKSGIVING); SATURDAY, DECEMBER 23 – MONDAY, JANUARY 1 (Pool Maintenance); MONDAY, JANUARY 15 (MLK Day); MONDAY, FEBRUARY 19 (Presidents' Day).

### OPEN SWIM FEES

Youth (ages 17Yrs&Under)	\$1
Seniors (ages 50Yrs&Over)	\$2
Adults (ages 18-49Yrs)	\$3

**SWIM PASSES:** Swim passes are available on line or at the pool. Each swim pass purchase valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership Pass valid for 25 visits. Fees may be subject to change.

### LAP SWIM

Mon/Wed/Fri	6:30-11:00AM
Mon-Fri	12:00PM-1:00PM
Mon/Wed	6:00-7:00PM, **2 LANES ONLY
Sat	12:00-1:00PM
Sun	8:00-11:00AM

### ALL AGES RECREATION SWIM

Mon/Wed	2:00PM-3:30PM
Sat	1:00PM-3:30PM

## WATER EXERCISE CLASSES

Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$3 per class for adults. Benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back.

Shallow Water Exercise: Mon/Wed/Fri/Sun 11:00AM-11:50AM

## WEIGHT ROOM

We offer a full set of Universal equipment and two Lifecycles. The weight room is open during the above hours of operation. Fees include pool use and are the same as pool entry. Users must be 18 years of age and wear closed toe shoes and T-shirts.

## SWIMMING LESSONS:



Class options: Monday and Wednesday or Saturday. Classes are 25 minutes in length. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit [www.lbparks.org](http://www.lbparks.org) to register on line.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.



**AQUATICS - PARENT & CHILD**

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

23844	9Mths-3Yrs	1/6-2/24	9:00AM-9:25AM	Sa	\$32
23845	9Mths-3Yrs	1/8-1/31	6:00PM-6:25PM	MW	\$28
23846	9Mths-3Yrs	2/5-2/28	6:00PM-6:25PM	MW	\$28

**AQUATICS – PRESCHOOL SCHOOL AQUATICS 1**

Skills taught in Preschool School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

23847	3Yrs-5Yrs	1/6-2/24	9:30AM-9:55AM	Sa	\$32
23850	3Yrs-5Yrs	1/6-2/24	10:00AM-10:25AM	Sa	\$32
23848	3Yrs-5Yrs	1/8-1/31	4:00PM-4:25PM	MW	\$28
23849	3Yrs-5Yrs	2/5-2/28	4:00PM-4:25PM	MW	\$28

**AQUATICS – PRESCHOOL SCHOOL AQUATICS 2**

Skills taught in Preschool School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

23851	3Yrs-5Yrs	1/6-2/24	9:30AM-9:55AM	Sa	\$32
23852	3Yrs-5Yrs	1/8-1/31	4:00PM-4:25PM	MW	\$28
23853	3Yrs-5Yrs	2/5-2/28	4:00PM-4:25PM	MW	\$28

**AQUATICS – PRESCHOOL SCHOOL AQUATICS 3**

Skills taught in Preschool School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

23855	3Yrs-5Yrs	1/8-1/31	5:00PM-5:25PM	MW	\$28
23856	3Yrs-5Yrs	2/5-2/28	5:00PM-5:25PM	MW	\$28
23854	3Yrs-5Yrs	1/6-2/24	10:30AM-10:55AM	Sa	\$32

**AQUATICS - LEVEL 1**

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

23825	6 Yrs-12Yrs	1/6-2/24	10:00AM-10:25AM	Sa	\$32
23828	6 Yrs-12Yrs	1/6-2/24	11:00AM-11:25AM	Sa	\$32
23826	6Yrs-12Yrs	1/8-1/31	4:30PM-4:55PM	MW	\$28
23827	6 Yrs-12Yrs	2/5-2/28	4:30PM-4:55PM	MW	\$28

**AQUATICS - LEVEL 2**

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

23829	6Yrs-12Yrs	1/6-2/24	10:00AM-10:25AM	Sa	\$32
23830	6Yrs-12Yrs	1/8-1/31	4:30PM-4:55PM	MW	\$28
23831	6Yrs-12Yrs	2/5-2/28	4:30PM-4:55PM	MW	\$28

**AQUATICS - LEVEL 3**

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

23832	6Yrs-12Yrs	1/6-2/24	10:30AM-10:55AM	Sa	\$32
23833	6Yrs-12Yrs	1/8-1/31	5:00PM-5:25PM	MW	\$28
23834	6 Yrs-12Yrs	2/5-2/28	5:00PM-5:25PM	MW	\$28

**AQUATICS - LEVEL 4**

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

23835	6Yrs-12Yrs	1/6-2/24	10:30AM-10:55AM	Sa	\$32
23836	6Yrs-12Yrs	1/8-1/31	5:00PM-5:25PM	MW	\$28
23837	6Yrs-12Yrs	2/5-2/28	5:00PM-5:25PM	MW	\$28

**AQUATICS - LEVEL 5**

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

23838	6Yrs-12Yrs	1/8-1/31	5:30PM-5:55PM	MW	\$28
23839	6Yrs-12Yrs	2/5-2/28	5:30PM-5:55PM	MW	\$28
23840	6Yrs-12Yrs	1/6-2/24	11:00AM-11:25AM	Sa	\$32

**AQUATICS - LEVEL 6**

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

23841	6Yrs-12Yrs	1/6-2/24	11:00AM-11:25AM	Sa	\$32
23842	6Yrs-12Yrs	1/8-1/31	5:30PM-5:55PM	MW	\$28
23843	6Yrs-12Yrs	2/5-2/28	5:30PM-5:55PM	MW	\$28

**AQUATICS - ADULTS**

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

23822	13Yrs +	1/6-2/24	8:00AM-8:55AM	Sa	\$40
23823	13Yrs +	1/8-1/31	6:00PM-6:50PM	MW	\$35
23824	13Yrs +	2/5-2/28	6:00PM-6:50PM	MW	\$35

**PRIVATE SWIM LESSONS**

Instructor Robert Bruce Hirschhorn has 39 years of experience specializing in early childhood water safety, adult beginners and special needs students of all ages. The fee for five 20-minute private lessons is \$175. Lessons are by appointment only. Call (562) 431-4080 for information regarding this program.

# TENNIS CLASSES

You may register on-line by going to [www.lbparks.org](http://www.lbparks.org) or use the standard Registration Form on the last page of this book. Make checks payable to FIRST SERVE and mail to 1040 Park Avenue, Long Beach, CA, 90804. Drop your form off at Billie Jean King (BJK) or El Dorado Park Tennis Centers.

Tennis Courts are located at: Billie Jean King Tennis Center, 10th and Park Ave, El Dorado Tennis Center, 2800 Studebaker Road, Los Cerritos Park Tennis Center, 3750 Del Mar Ave, Marina Vista, Colorado Street and Santiago Ave, Naples Tennis Courts, Tivoli Drive between Saint Irmo Way and 2nd Street.

Students should wear court-appropriate tennis shoes, PLEASE, NO BLACK-SOLED SHOES ALLOWED!! Also, each participant is required to bring two (2) cans of new tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or cancelled.

## TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. Instructor: Los Cerritos (LC)-(Pastorini); Marina Vista (MV) - (Pros); Naples - (Inouye); El Dorado West (EDW) - (Pros), 8 weeks

23673 Beg	4-5Yrs	1/15-3/5	4:30-5:00PM	M	LC	\$80
23674 Beg	4-5Yrs	1/19-3/9	3:00-3:30PM	F	EDW	\$80
23675 Beg	4-5Yrs	1/13-3/3	8:30-9:00AM	Sa	EDW	\$80
23676 Beg	4-5Yrs	1/13-3/3	9:30-10:00AM	Sa	NAPLES	\$80
23677 Beg	4-5Yrs	1/14-3/4	9:30-10:00AM	Su	NAPLES	\$80

## FIRST STROKES

Intended for children just learning the game of tennis. Hand-eye coordination, stroke & movement drills will be taught in a fun-filled way. Instructors: Marina Vista (MV) - (Pros); Los Cerritos (LC)-(Pastorini); Naples - (Inouye); El Dorado West (EDW) - (Pros) Min 4/Max 11, 8 Weeks

23678 Beg	5-6Yrs	1/15-3/5	3:30-4:00PM	M	EDW	\$80
23679 Beg	5-6Yrs	1/15-3/5	4:30-5:00PM	M	LC	\$80
23680 Beg	5-6Yrs	1/17-3/7	3:30-4:00PM	W	EDW	\$80
23681 Beg	5-6Yrs	1/18-3/8	3:30-4:00PM	Th	MV	\$80
23682 Beg	5-6Yrs	1/19-3/9	3:30-4:00PM	F	EDW	\$80
23683 Adv	5-6Yrs	1/13-3/3	9:00-9:30AM	Sa	NAPLES	\$80
23684 Beg/AdvBeg	5-6Yrs	1/14-3/4	9:00-9:30AM	Su	NAPLES	\$80

## YOUTH

Students must possess the following skills before registering: (Beg)-no experience (AdvBeg)-knowledge of ground strokes, grips and ready positions; (Int)-rules of the game, consistent ground stroke and serve. Instructors: El Dorado West (EDW) - (Pros); Marina Vista (MV)-(Pros); Los Cerritos (LC)-(Pastorini); (Sleigh) / Billie Jean King (BJK)-(Pastorini); Group Lessons: Min 6/Max 11, 8 Weeks

23685 Beg	7-15Yrs	1/15-3/5	4:00-5:00PM	M	EDW	\$98
23686 Beg/AdvBeg	11-15Yrs	1/15-3/5	5:00-6:00PM	M	LC	\$98
23687 Beg	7-15Yrs	1/16-3/6	4:30-5:30PM	Tu	EDW	\$98
23688 AdvBeg	7-10Yrs	1/16-3/6	5:00-6:00PM	Tu	BJK	\$98
23689 AdvBeg	7-15Yrs	1/16-3/6	5:30-6:30PM	Tu	EDW	\$98
23690 Beg	7-15Yrs	1/17-3/7	4:00-5:00PM	W	EDW	\$98
23691 AdvBeg	7-15Yrs	1/17-3/7	5:00-6:00PM	W	EDW	\$98
23692 Beg	7-10Yrs	1/18-3/8	4:00-5:00PM	Th	MV	\$98

23693 Beg	7-15Yrs	1/18-3/8	4:30-5:30PM	Th	EDW	\$98
23694 AdvBeg	7-15Yrs	1/18-3/8	5:30-6:30PM	Th	EDW	\$98
23695 Beg/AdvBeg	7-15Yrs	1/19-3/9	4:00-5:00PM	F	EDW	\$98
23696 Beg	7-10Yrs	1/13-3/3	9:00-10:00AM	Sa	EDW	\$98
23697 AdvBeg	11-15Yrs	1/13-3/3	10:00-11:00AM	Sa	EDW	\$98
23698 Beg	7-10Yrs	1/14-3/4	1:00-2:00PM	Su	LC	\$98
23699 AdvBeg	11-15Yrs	1/14-3/4	2:00-3:00PM	Su	LC	\$98

## ADULT GROUP CLASSES

Beginning (Beg) students will learn the basic strokes and grip. Advanced Beginners (AdvBeg) will continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players will work on perfecting strategy and knowledge of the game. The first class will include a skills test to determine if you are in the correct level. **Small Group:** Min 6/Max 12, 8 Weeks

### Billie Jean King-(Pastorini)

23700 Int	1/16-3/6	7:00-8:30PM	Tu	BJK	\$125
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### SMALL GROUPS

16yrs & up Min 6/Max 12 - 8 weeks

### El Dorado West-(Unger) 8 Weeks -

23704 LowInt/Int	1/15-3/5	6:00-7:00PM	M	ELD	\$98
23702 HiInt/Adv	1/15-3/5	7-8:30PM	M	ELD	\$125
23705 LowInt/Int	1/17-3/7	6:00-7:00PM	W	ELD	\$98
23701 HighInt	1/17-3/7	7:00-8:30PM	W	ELD	\$125

### Scherer-(Unger) 8 Weeks

23703 Int/HiInt	1/13-3/3	10:00-11:30AM	Sa	SCH	\$125
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### El Dorado West-(Pros) 8 Weeks

23706 AdvBeg	1/15-3/5	9:00-10:00AM	M	ELD	\$98
23707 Int	1/15-3/5	10:00-11:00AM	M	ELD	\$98
23708 AdvBeg	1/16-3/6	9:00-10:00AM	Tu	ELD	\$98
23709 Int	1/16-3/6	10:00-11:00AM	Tu	ELD	\$98
23710 AdvBeg	1/16-3/6	6:30-7:30PM	Tu	ELD	\$98
23711 Int	1/16-3/6	7:30-8:30PM	Tu	ELD	\$98
23712 Beg	1/17-3/7	9:00-10:00AM	W	ELD	\$98
23713 Beg/AdvBeg	1/17-3/7	10:00-11:00AM	W	ELD	\$98
23714 Int	1/17-3/7	11:00-12:00PM	W	ELD	\$98
23715 AdvBeg	1/17-3/7	7:00-8:00PM	W	ELD	\$98
23716 Int	1/18-3/8	9:00-10:00AM	Th	ELD	\$98
23717 AdvBeg	1/18-3/8	10:00-11:00AM	Th	ELD	\$98
23718 AdvBeg	1/18-3/8	6:30-7:30PM	Th	ELD	\$98
23719 Int	1/18-3/8	7:30-8:30PM	Th	ELD	\$98
23720 Beg	1/14-3/4	9:00-10:00AM	Su	ELD	\$98
23721 AdvBeg	1/14-3/4	10:00-11:00AM	Su	ELD	\$98

### Billie Jean King-(Stone) 8 Weeks

23722 Beg	1/16-3/6	9:00-10:00AM	Tu	BJK	\$98
23723 AdvBeg	1/16-3/6	10:00-11:00AM	Tu	BJK	\$98

### Billie Jean King-(Pastorini) 8 weeks

23724 Beg	1/16-3/6	6:00-7:00PM	Tu	BJK	\$98
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### Marina Vista-(Pastorini) 8 Weeks

23725 AdvBeg	1/18-3/8	9:00-10:00AM	Th	MV	\$98
23726 Int	1/18-3/8	10:00-11:00AM	Th	MV	\$98



## Tennis Classes continued

### Los Cerritos--(Pastorini) 8 Weeks

23727 AdvBeg 1/15-3/5 6:00-7:00PM M LC \$98

### Naples-(Inouye) 8 Weeks

23728 Int 1/13-3/3 10:00-11:00AM Sa NAPLES \$98

23729 Adv 1/13-3/3 11:00AM-12PM Sa NAPLES \$98

23730 Beg 1/13-3/3 12:00-1:00PM Sa NAPLES \$98

23731 AdvBeg 1/13-3/3 1:00-2:00PM Sa NAPLES \$98

23732 Beg 1/14-3/4 10:00-11:00AM Su NAPLES \$98

23733 AdvBeg 1/14-3/4 11:00-12:00PM Su NAPLES \$98

23734 Int 1/14-3/4 12:00-1:00PM Su NAPLES \$98

23735 Adv 1/14-3/4 1:00-2:00PM Su NAPLES \$98

### SENIOR CLASS NEW

Get involved in a sport you can play at any age or skill level. Experience all the health benefits that tennis has to offer. Tennis is a tremendously effective fitness activity for seniors. Take up tennis as part of an overall exercise prescription. Tennis is a great way to improve motor skills, balance, coordination, build strength, develop endurance, meet new people, and have fun doing it. This is a NEW CLASS designed for our senior population ages 60+ years of age. ALL LEVELS WELCOME. **Special Rate for Senior Citizens!** Small Group: Min 6/Max 12, 8 Weeks

### BILLIE JEAN KING--(Stone)

23736 Beg 1/16-3/6 11:00AM-12PM Tu BJK \$80

### CARDIO TENNIS

Cardio Tennis is a high energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is designed as a social and fun class for players of all ability levels. More fun than simply going to the gym! 16 yrs & up Min 6/Max 12 - 8 Weeks

### El Dorado West--(Pros)

23737 All Levels 1/16-3/6 11:00AM-12PM Tu ELD \$98

23738 All Levels 1/17-3/7 6:00-7:00PM W ELD \$98

23739 All Levels 1/13-3/3 8:00-9:00AM Su ELD \$98

## Valter Paiva

### TENNIS ACADEMY

### BILLIE JEAN KING TENNIS CENTER

1040 Park Ave. Long Beach, Ca 90804

Find us on Facebook and Instagram

For more information  
contact Valter Paiva at

(562) 266-8882

info@valtertennis.com

www.valtertennis.com



## TRAIN HARDER PLAY SMARTER

### SOUTHERN CALIFORNIA TENNIS ACADEMY

El Dorado Park Tennis Center

2800 N. Studebaker Rd. LB 90815

For more information contact Mitch Bridge at

(562) 704-2241

info@sctennisacademy.com

www.sctennicacademy.com

## SIGN UP FOR TENNIS CLASSES • SIGN UP ONLINE AT WWW.LBPARKS.ORG

Make checks payable to: **FIRST SERVE** • Mail immediately as classes fill up fast!

**Send to: FIRST SERVE, 1040 PARK AVE., LONG BEACH, CA 90804** or fax your form to (562) 438-1249 or drop off at BJK or El Dorado Pro Shops. For more information, please call (562) 438-8509.

**RESPONSIBLE PARTY** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY/ZIP** \_\_\_\_\_

**WORK PHONE** \_\_\_\_\_ **HOME PHONE** \_\_\_\_\_

**STUDENT NAME** \_\_\_\_\_ **BIRTHDATE** \_\_\_\_\_

For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach and First Serve, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume all risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City/First Serve's gross negligence. I understand that City and First Serve provides no insurance for participants. **By signing below**, I acknowledge I've read this Release, understand that I give up certain rights and sign voluntarily.

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**CLASS#** \_\_\_\_\_ **FEE** \_\_\_\_\_

**CLASS NAME** \_\_\_\_\_

**CLASS#** \_\_\_\_\_ **FEE** \_\_\_\_\_

**CLASS NAME** \_\_\_\_\_

### METHOD OF PAYMENT (check one)

☐ Cash ☐ Check ☐ Money Order  
☐ Visa ☐ Mastercard

**TOTAL AMOUNT ENCLOSED: \$** \_\_\_\_\_

**CREDIT CARD #** \_\_\_\_\_ **EXP DATE** \_\_\_\_\_ **CCV CODE** \_\_\_\_\_

**REMINDER** - Refunds must be requested one working day prior to the first class. If minimum required enrollment is not met, classes may be canceled. There is a \$10 processing fee for each refund. **NO REFUNDS** will be given on or after the day the class is scheduled to begin. \$32 Service Charge on returned or canceled checks. Refunds are limited to 90 days after a class has begun and please allow 3-4 weeks for processing.



While sitting in the open air surrounded by palm trees, strolling through the boardwalk esplanade or dining at our local eateries, your encounters are delightfully Southern Californian. Travel well. Travel Long Beach.



**long beach**  
airport

where the going is easy®

[f](#) [i](#) [t](#) [lgb.org](#)

# REGISTRATION FORM Please print and fill out completely

It's easy to register:



**On Line:** Register anytime.  
Visit <http://activenet.active.com/lbparks>  
or follow the link at [www.lbparks.org](http://www.lbparks.org).  
See "how to" videos and answers to "FAQs"

Click on the "request an account" button.

Fill in your information, then click submit  
(or click submit and add family member  
to register more people at the same address)



**By FAX** to (562) 570-3113  
Confirmation will not be sent.  
Retain publication for reference



**By Mail:** Send completed form and  
payment (include address, phone number  
and class #(s) on the check) to  
City of Long Beach,  
2760 Studebaker Road,  
Long Beach, Ca 90815



**In person:** Bring completed form  
and payment to office,  
Monday-Friday 8am-5pm.  
Office closed Nov.23 & 24, Dec 25,  
Jan 1, Jan 15, Feb 19  
For more information call  
(562) 570- 3111

## Main Contact

☐ Check this box if address or phone number has changed.

Print Name: \_\_\_\_\_ Address: \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Main Phone (\_\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_\_) \_\_\_\_\_

Birth Date: \_\_\_\_\_ E-mail Address \_\_\_\_\_

For valuable consideration, I for myself, my successors, heirs, assigns, executors, spouse, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach, the Parks and Recreation Commission, their officials and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume** all risks of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City's gross negligence. I understand that City provides no insurance for participants. **By signing below**, I acknowledge that I've read this Release, understand that I give up certain rights and sign voluntarily.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please list separately additional family members living with the Main Contact.

Last Name	First Name	Birthdate	Male / Female (circle one)
1			M / F
2			M / F
3			M / F
4			M / F

Class #	Student Name	Class Name	Day(s)	Start Date	Time	Fee

Refunds must be requested one working day prior to the first class. There is a \$10 processing fee for each refund. NO REFUNDS will be given on or after the day the class is scheduled to begin. Full refunds/credits will be given for classes canceled by the City. Please allow 3-4 weeks for refunds.

Total \$

## METHOD OF PAYMENT

☐ Cash ☐ Master Card ☐ Visa ☐ AmEx ☐ Discover ☐ Money Order ☐ Check (payable to **City of Long Beach** include class #, complete address & phone #.)

Credit Card #:

Exp. Date \_\_\_\_\_

\$30 service charge on returned or canceled checks. Please DO NOT MAIL or DEPOSIT CASH in DROP BOX.

CCV. Code \_\_\_\_\_

You will be informed if a class is full. Please retain class schedule for reference.

If you would like a confirmation notice, enclose a self-addressed, stamped envelope.

REGISTRATION/RESERVATIONS OFFICE • 2760 Studebaker Road • (562) 570-3111 • Open Monday-Friday, 8am-5:00pm



Long Beach Parks, Recreation & Marine  
2760 Studebaker Road  
Long Beach, CA 90815



PRST. STD  
US POSTAGE  
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LONG BEACH, CA  
PERMIT NO. 1750



## Join Us This Fall

Watch for the Port of Long Beach at events all around the city. You might find us at a senior center, an art exhibit, a festival, or a parade.

Join us, have fun, and learn how we're partnering with the community as we're building the Port of the Future.

[www.polb.com/calendar](http://www.polb.com/calendar)



Port of  
**LONG BEACH**  
*The Green Port*

[www.POLB.com](http://www.POLB.com)